



Gloves are off

Obama, Romney spar over the economy in their first presidential debate PAGE 12

EXCLUSIVE

HE'S THE ROCK STAR OF THE BUSINESS WORLD, BUT YOU MAY BE SURPRISED BY THE GLOBAL REACH OF VIRGIN FOUNDER SIR RICHARD BRANSON. TODAY, METRO BRINGS YOU:

- POLITICS AND HIS WORK WITH YOUNG AND OLD WHO ARE CHANGING THE WORLD PAGE 18
- BUSINESS AND A NEW KIND OF ENTREPRENEUR PAGE 22
- CULTURE AND THE SEVEN THINGS THAT FUEL HIS PASSION PAGES 26-27
- STYLE AND HIS TRADEMARK CASUAL-CHIC LOOK PAGE 30
- DRUG LEGALIZATION. BRANSON IS IN FAVOUR, BUT WOULD IT WORK? FIND OUT AT METRONEWS.CA



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Conditional freedom

Convicted pedophile back in B.C. Christopher Neil pleaded guilty to sexually assaulting two boys, and was sentenced in Thailand

Sex offenders

"One could assume there are worse sex offenders out there."

Duty counsel Mark Thompson, who asked that a series of strict, probation-like conditions be enforced for 18 months instead of the two years

A B.C. judge has ruled a man convicted in Thailand for sexually abusing children will be allowed to go free, but Christopher Neil will need to follow strict conditions to keep the public safe.

Provincial court Judge Patrick Chen ruled Neil will have to be watched for the next 18 months, to prove he's not a danger.

Neil's lawyer told the court earlier that the 37-year-old former teacher would follow the conditions allowing his freedom.

Neil pleaded guilty and spent five years in a Thai prison after an international manhunt was triggered when computer experts unscrambled images of him abusing children.

Crown lawyer Gerri-Lyn Nelson asked that a series of strict, probation-like conditions be enforced for two years.

She said she wasn't aware that Neil took any sex-offend-

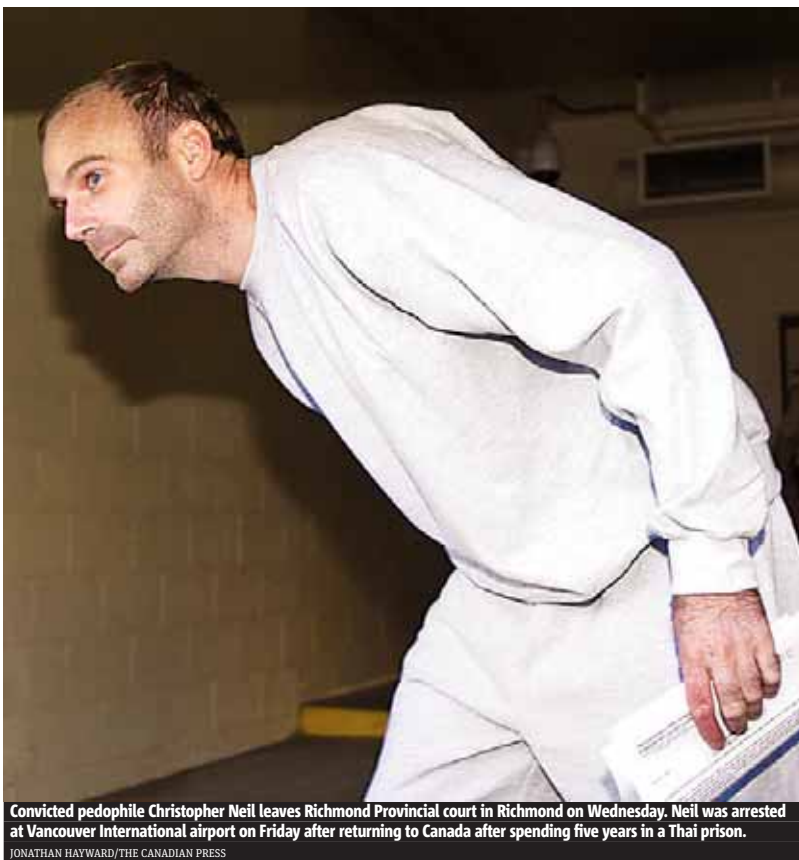
er treatment programs while he was in custody to limit his risk to society.

Duty counsel Mark Thompson, however, wanted an 18-month term, noting some of the conditions were "quite onerous."

"As distasteful as the Thai court found what he has done, it is not on the scale of the worst sex offender(s)," he told court.

Some of the conditions Neil is expected to abide by include surrendering his passport, staying away from places where children under 16 would congregate and not having access to the Internet. He would also be expected to remain in B.C. and frequently check in with a probation officer.

Neil faces no charges in Canada, but police arrested him when he arrived at Vancouver's airport last week using a section of the Criminal Code aimed at protecting public safety. **THE CANADIAN PRESS**



Convicted pedophile Christopher Neil leaves Richmond Provincial court in Richmond on Wednesday. Neil was arrested at Vancouver International airport on Friday after returning to Canada after spending five years in a Thai prison.

JONATHAN HAYWARD/THE CANADIAN PRESS

Council adopts housing policy

Mayor Gregor Robertson and Vision councillors voted to adopt the housing affordability task force's recommendations, albeit with some amendments PAGE 4

Mali Islamists paying for child soldiers

Plucked from rural towns devastated by poverty and hunger, children carrying machine guns half their size stroll down the streets in Timbuktu PAGE 11

Home alone and loving it

B.C.'s Jillian Harris shows you how to create the perfect bachelor/ette pad PAGE 36



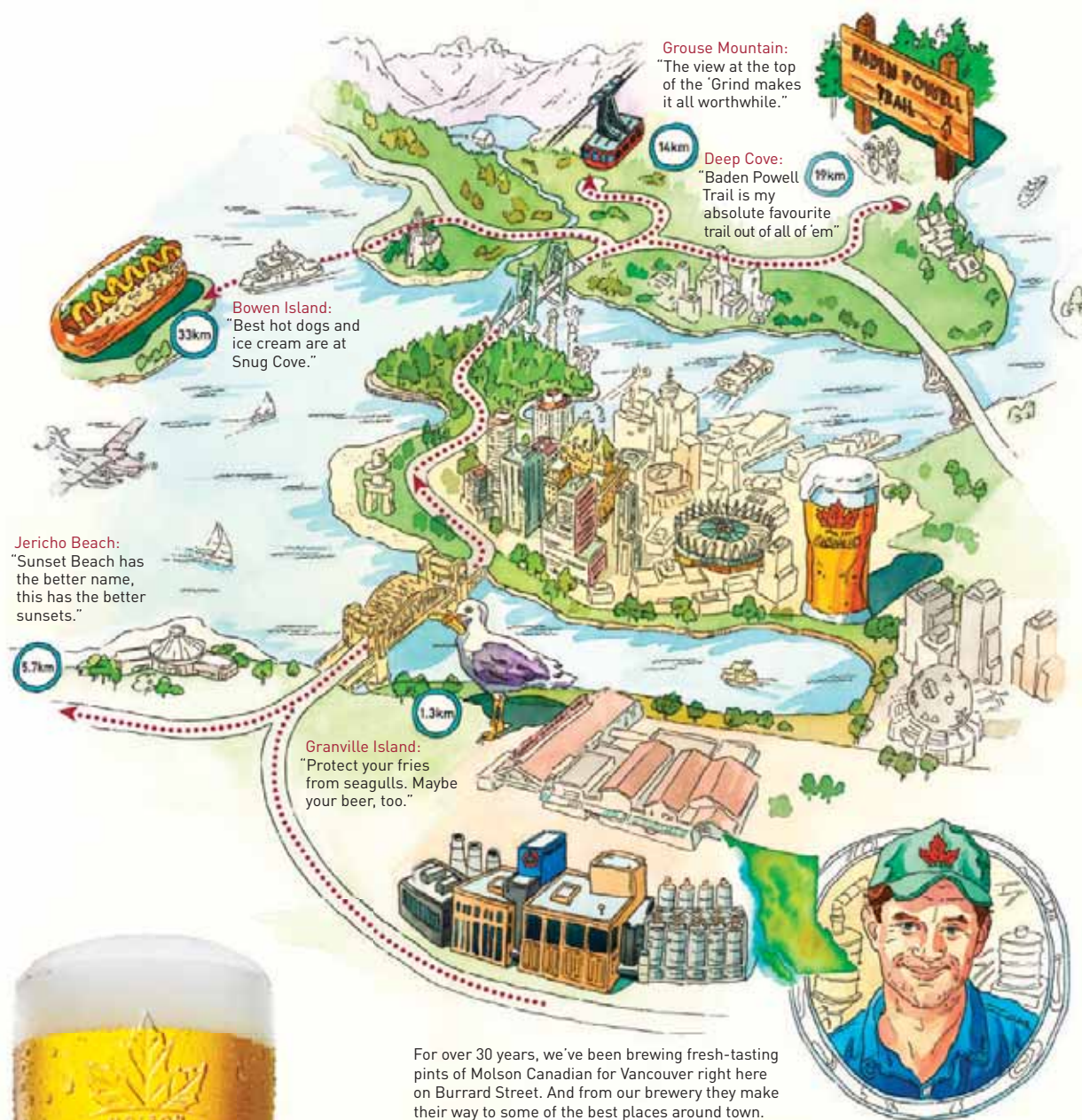
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No limits

Couple reaches age-defying heights

Vancouver residents Esther and Martin Kafer have finally hit their peak.

Age proved to be no barrier as the married duo successfully reached the summit of Mount Kilimanjaro Wednesday, making them — at 84 and 85 years of age — the oldest couple ever to scale Africa's highest point.

The couple climbed the 19,345-foot mountain as part of the Ascent for Alzheimer's fundraising initiative for the Alzheimer Society of B.C.

They managed to raise \$24,000 for the society while earning their place in the Guinness World Records book, though their accomplishment still needs to be officially verified by the organization.

In total, Ascent for Alzheimer's and a companion event on Grouse Mountain in September raised more than \$310,000.

MATT KIETLYKA/METRO

Speak up

Sir Richard Branson takes your questions

British billionaire Sir Richard Branson will be in the Lower Mainland Thursday to speak at the Surrey Economic Summit and to kickstart a charitable program for Vancouver youth.

As part of his visit, the founder of Virgin Group will take questions from two Metro readers during a media event ahead of his public book signing at Chapters on Robson.

The book signing is scheduled to begin at 10:15 a.m.

METRO



Justin Trudeau gets some love from supporters in Richmond

Liberal leadership candidate Justin Trudeau, centre, hugs supporters following an event in Richmond on Wednesday. Trudeau said he does not support oil giant Enbridge Inc.'s proposed Northern Gateway pipeline, but added that he's sensitive to provincial jurisdictions in such matters. "Enbridge will have to be better at justifying it," he said. "My default position is pipelines, sure, but not there." JONATHAN HAYWARD/THE CANADIAN PRESS

Hearings to focus on use of Tasers

Taking a closer look. Experts to brief B.C. legislative committee on latest science of using Tasers

British Columbia politicians overseeing Taser-use policy in the province start hearings next week to assess the status of recommendations stemming from the Braidwood inquiry into the death of Polish immigrant Robert Dziekanski.

Murray Coell, the chair of an all-party committee on Taser use, said Wednesday Justice Ministry officials are set to brief the panel next Tuesday on the progress since Justice Thomas

Braidwood's report three years ago.

Braidwood, who called for a government review of his recommendations, is expected to attend one of the hearings on either Oct. 15 or 16, Coell said.

He said the RCMP and Taser-use experts, who have compiled the latest research on use of the weapon, are also appearing at the hearings at the legislature.

Dziekanski died in October 2007 in an incident at Vancouver International Airport where he was shocked by a Taser several times during a confrontation with four RCMP officers.

Braidwood issued two reports in 2009 following a public inquiry into Dziekanski's death.

The reports found a lack of

consistency in the way police use Tasers in B.C., a lack of government leadership in developing provincial Taser standards, and called for changes to the Police Act.

Coell said the committee has until the end of the year to report on the status of Braidwood's recommendations.

"Our job is to see how well they are being implemented and carried out on the front lines," he said.

THE CANADIAN PRESS

Online

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Watching the RCMP

- Opposition New Democrat committee member Kathy Corrigan said she'll be watching to see how strictly the RCMP follows provincial Taser-use guidelines.
- Public hearings on Taser use policy are also set for Oct. 22 and 23.
- Justice Thomas Braidwood's report said that since 2003, 25 people in Canada have died in Taser-use incidents, and eight of them were from B.C.

Mobile news



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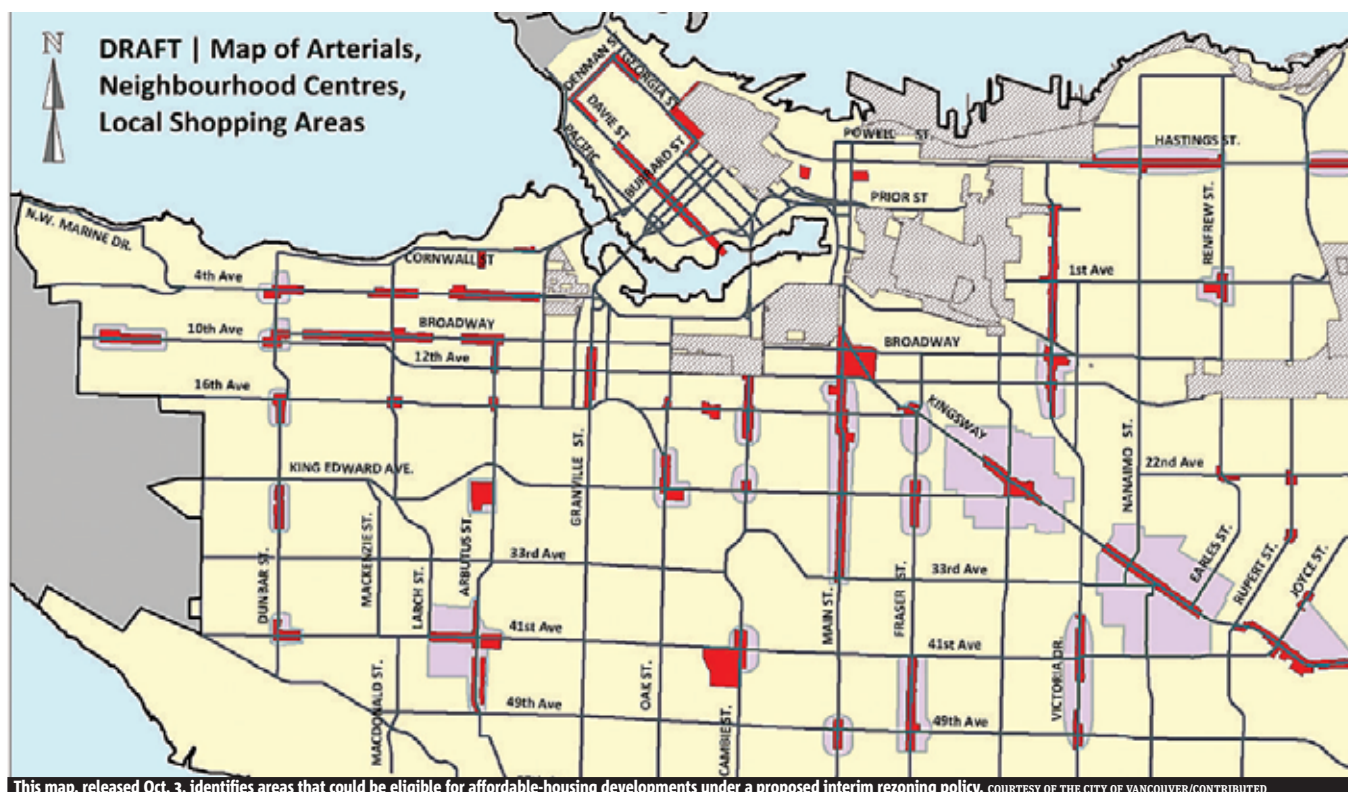


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This map, released Oct. 3, identifies areas that could be eligible for affordable-housing developments under a proposed interim rezoning policy. COURTESY OF THE CITY OF VANCOUVER/CONTRIBUTED

Affordable housing

City seeks feedback on policy

In response to speakers' demands for more community consultation, the mayor asked staff to present the interim affordable housing rezoning policy to all of the city's citizen advisory committees and neighbourhood advisory groups for feedback.

They were also asked to reconvene the city's renters' roundtable for feedback, and report back by June 1 with a policy that incorporates the feedback.

Staff will begin looking immediately for options and community feedback on where about a dozen thin-street pilot projects could be adopted into community plans underway in Marpole, Grandview-Woodland and the West End. They are expected to report back on that by the end of 2013. **METRO**



Mid-rise developments like this one on Arbutus Street could be coming to busy transit corridors. PAYTON CHUNG/FlickR

Task force amends affordable-housing recommendations

Concern. Proposed interim rezoning policy could see mid-rise developments on busy transit corridors



KATE WEBB
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Vancouver Mayor Gregor Robertson and Vision councillors voted to adopt the housing affordability task force's recommendations Wednesday — with some amendments.

While the majority of the 15 recommendations went without opposition, council heard from more than 20 speakers concerned about an interim rezoning policy that

could see more diverse forms of mid-rise affordable housing built near transit arteries, as well as the hot-button issue of thin streets.

The interim rezoning policy would allow council to consider applications for mid-rise rental and condo developments within 500 metres of neighbourhood centres and shopping centres well-served

by transit. These areas are indicated on the map in pink and red, respectively.

The city will test the waters by processing 20 applications, limited to two within 10 blocks on any arterial, and then expand or revise the policy based on feedback.

To be considered, condo developers will have to sell units for at least 20 per cent

below market value and include legal mechanisms to maintain that level of affordability over time.

In areas within 1.5 blocks of high-frequency arteries, but not near commercial centres, the maximum eligible height goes down to 3.5 storeys. These arteries are represented on the map by grey lines.



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Union battle. CAW wants gov't to reconsider marine communications closing

The union representing the Canadian Coast Guard's marine communications officers is renewing its plea to the federal government to reconsider its decision to close Vancouver's marine communications centre.

Allan Hughes with CAW local 2182 claims that people's lives and the environment are at risk if the facility — the marine version of an air-traffic control centre — closes.

The Tories plan to move the communications hub, which monitors all vessel traffic in the port, to Victoria. Vessel traffic in the Vancouver Harbour will be monitored via cameras and radar.

PHYLICIA TORREVILLAS/METRO



The coast guard says closing the centre will endanger the Port of Vancouver. PHYLICIA TORREVILLAS/METRO

Philanthropy. Michael Audain's impressive art collection to get home

Canadian art philanthropist Michael Audain may have found a home for his big collection, including works by Emily Carr and West Coast First Nations.

The Audain Foundation and the Resort Municipality of Whistler are negotiating for the creation of a world-class art museum to house the indigenous and contemporary West Coast art and paintings from artists such as Diego Rivera and Edward J. Hughes.

Whistler Mayor Nancy Wilhelm-Morden says the art could get housed across the street from Whistler's municipal hall.

THE CANADIAN PRESS



The Emily Carr painting War Canoes, Alert Bay, is shown in a handout photo. THE CANADIAN PRESS



Douglas Coupland's Infinite Tires, at the corner of SW Marine Drive and Ontario Street, is set to be officially unveiled Thursday. MATT KIELTYKA/METRO

Tower of tires

Douglas Coupland. Latest work, Infinite Tires, sits beside a Canadian Tire



MATT KIELTYKA
matt.kieltyka@metronews.ca

Vancouver's industrial lands aren't exactly known for public art, but Douglas Coupland is hoping to change that.

Quote

"It takes on industrial form... There isn't a lot of public art in that area, so I hope it puts people driving by that look at it everyday in a good mood."

Douglas Coupland, artist, writer, designer
talking about his latest work Infinite Tires, located at a new 7.3-acre shopping centre.

The artist, writer and designer's latest work is set to be unveiled Friday. It's a 60-foot monolithic, tongue-in-cheek delight at the corner of S.W.

Marine Drive and Ontario Street called Infinite Tires.

Commissioned by Canadian Tire through the city's public-art program, Coupland

has been working on the soon-to-be landmark for two and a half years. The series of stacked tires, each smaller than the one beneath it, is a riff on famous Romanian artist Constantin Brancusi's Infinite Column but with the national retail chain's tires.

The unveiling of the piece coincides with the Oct. 11 opening of the 7.3-acre shopping centre on the lot, which is home to Canadian Tire, Mark's and Sport Chek outlets.

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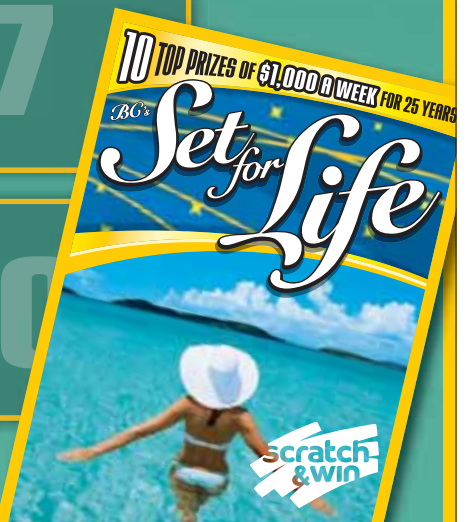
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Finding just the right fit for breast-cancer survivors

Breast Cancer Awareness Month. Vancouver lingerie shop owner helps women on their 'cancer journey'

MATT KIELTYKA
matt.kieltyka@metronews.ca

Diane Thomson is used to all sorts of delicate undertakings.

After all, she's been selling women's underwear from her Granville Street boutique for 30 years. In those years, nothing has been daintier and more intimate than helping breast-cancer survivors rebuild their confidence.

Diane's Lingerie is a licensed PharmaCare store that for two decades has been fitting survivors, many of whom have had a breast surgically removed, with custom-designed breast forms and bras. "Once they have their breast removed, they feel neglected, they feel ashamed," Thomson said on Wednesday at her Kitsilano shop.

"Some ladies, after their surgery, never look at themselves until they come in here. They just don't want to deal with it. It's traumatic, natur-

ally, and they don't want to see themselves."

But all of that changes as soon as a woman spends a few minutes in the fitting room.

"When we put on their bra with the breast form and say, 'Now look' — wow, you just see them smile and it's sort of like a sigh they let out, that this is OK, they're a woman again."

Thomson sees the transformation about 400 times a year, and it motivates her to keep supporting breast-cancer fundraising drives and helping customers.

On Tuesday night, her store hosted an event to recognize Breast Cancer Awareness Month.

It was a chance to show Health Minister Margaret MacDiarmid (herself a breast-cancer survivor), doctors and health professionals from the Canadian Breast Cancer Foundation and B.C. Cancer Foundation what their post-surgery makeover is all about.

There were more than a few teary eyes once everyone had swapped stories.

"We have some great survivors and have deep bonds with many of them," Thomson said. "It's so important to give back and help. We're involved in their cancer journey."



Diane Thomson and her shop, Diane's Lingerie, on Granville Street at 14th Avenue, has been fitting breast-cancer survivors with custom bras for more than 20 years. MATT KIELTYKA/METRO

Michael Smith Foundation receives \$48M for health research

The province is investing \$48 million in an 11-year-old institution that supports research on ovarian cancer, childhood diabetes and chronic diseases.

The Michael Smith Foundation for Health Research (MSFHR), named for Dr. Michael Smith — a pre-eminent B.C. scientist who won a Nobel Prize for chemistry in 1993 — funds research teams and services to support scientists across the province.

Dianne Finegood, president and CEO of the MSFHR, thanked the government for the additional funding.

"Researchers in B.C. have been central to many important discoveries like the development of a fast-track vaccine for SARS or ... decoding the genetic makeup of different kinds of cancers."

She added that B.C. has world-leading HIV-AIDS researchers who have turned

that once devastating diagnosis into a manageable chronic disease.

Health Minister Margaret MacDiarmid announced the funding on Wednesday at the B.C. Cancer Agency, saying that government's investment is a commitment to the health of B.C. families.

OvCaRe, B.C.'s ovarian-cancer research team, has received support from the MSFHR for the past 10 years.

Dr. David Huntsman,

co-founder and director of OvCaRe, said funding from the foundation has helped the team decode several subtypes of this cancer and embark on a provincewide ovarian-cancer prevention program.

"When people around the world ask where the next breakthrough in ovarian-cancer research is going to occur, the safest bet is British Columbia," he said.

PHYLICIA TORREVILLAS/METRO



Health Minister Margaret MacDiarmid takes a tour of a research lab at the B.C. Cancer Agency on Wednesday. PHYLICIA TORREVILLAS/METRO

Investigation

Civilian probe begins after man shot by officer

A team from B.C.'s newly formed civilian police investigation office has arrived in Cranbrook to investigate a police-involved shooting.

A man is recovering from his injuries after a Cranbrook RCMP officer

fired at least one round while trying to stop a suspected stolen vehicle on Tuesday. A woman in the SUV was not hurt and both she and the injured man remain in custody.

The case is the third for the Independent Investigations Office since it was launched in B.C. last month.

The IIO provides civilian oversight into police-related incidents involving death or serious harm.

THE CANADIAN PRESS

Labour action

ICBC workers walk out, demanding better wage offer

Some 1,300 unionized workers at the Insurance Corporation of B.C. launched a one-day walkout on Wednesday to back contract demands. Most of the offices affected were in Metro Vancouver.

It was the third action

to be staged by members of the Canadian Office and Professional Employees Union.

Local 378 president David Black said members are frustrated by the lack of progress in reaching a deal.

He said the union believes a better wage offer is realistic because ICBC has raised payments to executives and business partners and also submits \$1.2 billion to the provincial government.

THE CANADIAN PRESS

Search and rescue op

Concern mounts for missing hunter

Dozens of volunteer searchers from across the Okanagan are scouring the bush southeast of Vernon for a 52-year-old hunter.

The Lake Country resident, whose name has not been released, did not return from a one-day outing on Saturday. His truck was found on a remote logging

road in a densely forested area this week.

Vernon Search and Rescue spokesman Pete Wise said the man could be injured or huddled somewhere and unable to respond to rescuers.

In addition to teams from Kamloops, Kelowna and several other Okanagan communities, specialized trackers, three dog teams and an RCMP helicopter are assigned to the search.

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Leaked papers. Pope's docs found in butler's home: Vatican police

Vatican police said Wednesday they found thousands of documents hidden inside the home of Pope Benedict XVI's former butler, including original documents signed by the Pope bearing indications they should be destroyed.

The police officers testified in the trial of Paolo Gabriele, the Pope's once-trusted butler who faces four years in prison if convicted of aggravated theft for allegedly stealing papal documents and leaking them.

Prosecutors have said Gabriele, a devout 46-year-old father of three, confessed to leaking copies of the documents to journalist Gianluigi Nuzzi because he wanted to expose the "evil and corruption" in the church to help put it back on the right path.

The documents have ignited an uproar, for they revealed infighting and alleged corruption in the Vatican as the Pope grows older and more frail.

The security breach has been one of the most damaging scandals of Benedict's seven-year papacy.

Gabriele said he stood



In this file photo taken in May, Pope Benedict XVI, with his butler Paolo Gabriele, delivers his blessing at St. Peter's square. THE ASSOCIATED PRESS

by his confession and acknowledged he betrayed the Pope's trust, but he nevertheless pleaded innocent to the charge of aggravated theft.

The final four witnesses in the trial were heard Wednesday, and closing arguments are set for Saturday, when a verdict by the three-judge Vatican panel is expected.

THE ASSOCIATED PRESS

Protester pulled from his perch atop St. Peter's



Italian businessman Marcello De Finizio protests on the dome of St. Peter's Basilica on Wednesday. THE ASSOCIATED PRESS

Economic reforms. Italian businessman protesting latest austerity measures on basilica finally taken inside by firefighters

An Italian man gave up his protest atop the St. Peter's Basilica after more than 24 hours perched on the 130-metre-high dome to demonstrate against government reforms.

The man, identified as Marcello De Finizio, the owner of a beach-front concession and restaurant in the northern city of Trieste, climbed up Tuesday evening.

Protest

"I am not a crazy man who wants to kill himself."

Businessman Marcello De Finizio Talking to Sky24 by cellphone from his perch explaining he is protesting, not suicidal.

Two firefighters helped pull De Finizio inside the basilica on Wednesday evening, a full day after he eluded Vatican security to scale the dome.

In a surreal contrast, Pope Benedict XVI's regular papal audience — which draws tens of thousands of pilgrims on Wednesdays — went on as scheduled despite the protest taking place on the dome above.

De Finizio put up a banner saying "Help! Enough Monti!" — referring to Prime Minister Mario Monti, the architect of Italy's economic reforms.

Italian media said he had spent three nights on a 70-meter (230-foot) tall metal structure in Trieste earlier this year in a similar anti-reform protest.

De Finizio, who reportedly lost his restaurant in a fire and has struggled to get a loan to rebuild, has received moral support from other concession owners, who issued a statement saying they shared his "uncertainty about the future."

THE ASSOCIATED PRESS

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Islamists recruit hundreds of child soldiers in northern Mali

Creating an army. Forces being gathered to fight potential military intervention backed by the UN, interviews indicate

Salif Haidara sat drinking tea on the side of the road with other weary bus passengers when a man with a turban and a long beard approached them: Did they want to become holy warriors?

The skinny teen had left his poor hometown in the desert with only the tank top, pants and plastic flip-flops he was wearing. Now Salif was being told he could earn 15,000 francs (\$30) a day for himself and 200,000 francs (\$400) a month for his family — an enormous sum for a boy who had just turned 16.

The car was waiting to take the recruits to a two-week-long training camp in Mali's vast desert, where

they would learn how to fire weapons. But the man named Omar made one thing clear.

"Once you've taken the money and eaten ... you're there until you die or the war is over," recalled Salif.

Across northern Mali, Islamists have plucked and paid for as many as 1,000 children from rural towns and villages devastated by poverty and hunger. The Associated Press has found in several dozen interviews with residents, human-rights officials, four children or youths and an Islamist official. It also saw several other children with machine-guns half their size strolling down the streets in Timbuktu, where Westerners can no longer go because of the threat of kidnapping.

The children stay at camps with the militants on the outskirts of towns. The mayor of the town of Gao said members of al-Qaida's North Africa branch, known as AQIM, are giving them military training and religious indoctrination.

THE ASSOCIATED PRESS



Young fighters display their Qur'anic studies notes as their Islamist commanders look on in Douentza, Mali. Islamists have recruited 1,000 children from rural towns and villages hit by poverty and hunger. BABA AHMED/THE ASSOCIATED PRESS

Ominous turn

Parents get up to \$1,200 per child, UN says

Mali was a stable democracy until a military coup in March overthrew the democratically-elected president and experts say the recruitment and religious indoctrination of child soldiers marks an ominous development.

Child soldiers are being used by all armed groups in northern Mali, but the Islamists, including a group known as Ansar Dine, have been the most prominent recruiters. The UN children's agency said parents receive between 500,000 francs (about \$1,000) and 600,000 francs (about \$1,200) per child.

THE ASSOCIATED PRESS



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Dogfight in Denver: Obama tries to stifle a Romney romp

Was it Mitt's night? In the tweeting universe, it seems he won on points over president's stay-cool professorial demeanour

The race to the White House took a heated turn Wednesday night as U.S. President Barack Obama and Republican challenger Mitt Romney clashed over taxes and jobs.

After hundreds of campaign stops, \$500 million US in mostly negative ads and countless tit-for-tat attacks, Obama and Romney went head-to-head in a high-stakes TV showdown watched by millions.

Romney pointed to the weak U.S. economic recovery, arguing that Obama's policies have failed and he doesn't deserve another term.

"Going forward with the status quo is not going to cut it for the American people who are struggling today," Romney said in the Denver debate.

Obama accused Romney of wanting to "double down on the top-down policies" that led to the economic crash four years ago.

Romney denied that and said that under Obama's policies "middle-income families are being crushed." Romney said he would repeal and replace regulations passed after the 2008 financial crisis.



The debate is over and it's time to forget the barbs. The Obama and Romney families talk in Denver Wednesday night. CHARLES DHARAPAK/THE ASSOCIATED PRESS

Obama responded: "Does anyone think there is too much oversight and regulation of Wall Street?"

If so, he declared, "Gov. Romney is your candidate."

Obama said Romney's plan to reduce all tax rates by 20 per cent would cost \$5 trillion and benefit the wealthy at the expense of middle-income taxpayers.

Showing a real-time liveli-

ness that has largely eluded him through 18 months on the campaign trail, Romney brought the A-game nobody was quite sure he had.

Written off by much of the American media as a long-shot, Romney had everything to prove in this, the first of three debates that will sharpen a bitterly divided country as it enters the home-stretch to Nov. 6.

Obama, by contrast, played the debate with caution, maintaining a calm, professorial demeanour as he walked carefully through the policy weeds of the past four years.

The president's performance was that of a front-runner protecting a lead. And though judgment should be reserved until Americans themselves weigh in, the

broad sense of the tweeting commentariat was that Romney won on points.

Moderator Jim Lehrer led with a light touch, leaving the candidates ample room to roam across the full spectrum of front-line American issues, from economic growth to government regulation to debt and foreign affairs.

THE ASSOCIATED PRESS
AND TORSTAR NEWS SERVICE

Happy First Family

Twenty is plenty? No way!

Forget about a date night.

U.S. President Barack Obama and wife Michelle marked their wedding anniversary with a debate.

Their 20th anniversary was Wednesday, the day of the first vital television debate.

"Go figure," the first lady said in a recent TV interview.

Obama said he and his wife have planned a belated celebration on Saturday.

The Obamas will at least spend their anniversary in the same city, a rarity as both are frequently in battleground states in the campaign's final weeks.

There was a quick moment of laughter during the debate when Obama referred to First Lady Michelle — who was in the audience — as "sweetie" and noted it was their 20th anniversary.

Romney added his best wishes. Then he said to the First Couple, "I'm sure this is the most romantic place you could imagine, here with me."

THE ASSOCIATED PRESS

Boy-in-chains case: Car found, man hunted



Wayne Alan Cunningham
RCMP HANDOUT

The RCMP say a car linked to a man wanted in the alleged confinement of a 16-year-old boy in Nova Scotia has been found abandoned in northern Ontario.

Police say the search continues for Wayne Alan Cunningham.

He faces charges of sexual assault and forcible confine-

ment after a boy alleged he was held captive by two men.

The Mounties previously said Cunningham, 31, could be headed to Calgary in a 2003 Hyundai Elantra with a Nova Scotia licence plate.

Now they say his whereabouts are unknown.

They say the Ontario Provincial Police discovered the

car about 19 kilometres off the highway in Greenstone, about 250 kilometres north-east of Thunder Bay.

Cunningham's co-accused, David James Leblanc, was arrested Sunday on a Greenstone road after officers received a report of a man wandering with no shoes and light clothing in near-freez-

ing temperatures. The RCMP say the 47-year-old is in hospital under police custody.

The investigation began after a woman said a teenager arrived at her doorstep in Upper Chelsea, about 130 kilometres southwest of Halifax. The boy was chained at his wrists and ankles.

THE CANADIAN PRESS

Grim tale

Court documents say a 16-year-old boy told the RCMP he was sleeping on a Halifax street when he woke up in a van, was taken to a home and sexually assaulted over several days.

Tommy Douglas

New deadline set in fight for files

The Federal Court of Appeal has imposed a new 90-day deadline on Library and Archives Canada in a seven-year battle to lift the secrecy over the decades-old spy dossier on socialist icon Tommy Douglas.

Canadian Press reporter

Jim Bronskill requested the Douglas files in 2005 under the Access to Information Act. The Mounties were interested in Douglas' links to the peace movement and the Communist party.

The government has said it can't release certain information because it could jeopardize confidential informants and give away secrets of the spy trade. THE CANADIAN PRESS

Researchers' advice

Feeling sick? Why not try a tweet

Experiencing nausea, headaches or other side-effects from prescriptions or over-the-counter medicines?

Researchers say tweeting about it or posting your concerns online could one day help alert drug compan-

ies and federal regulators to problems more quickly — potentially saving lives and money.

The project at the University of Virginia and West Virginia University, still in its infancy, capitalizes on the idea that many companies — pharmaceutical and otherwise — already use the Internet to get consumer product and service feedback. THE ASSOCIATED PRESS

Robbery suspect

Bandit on 'life or death' mission?

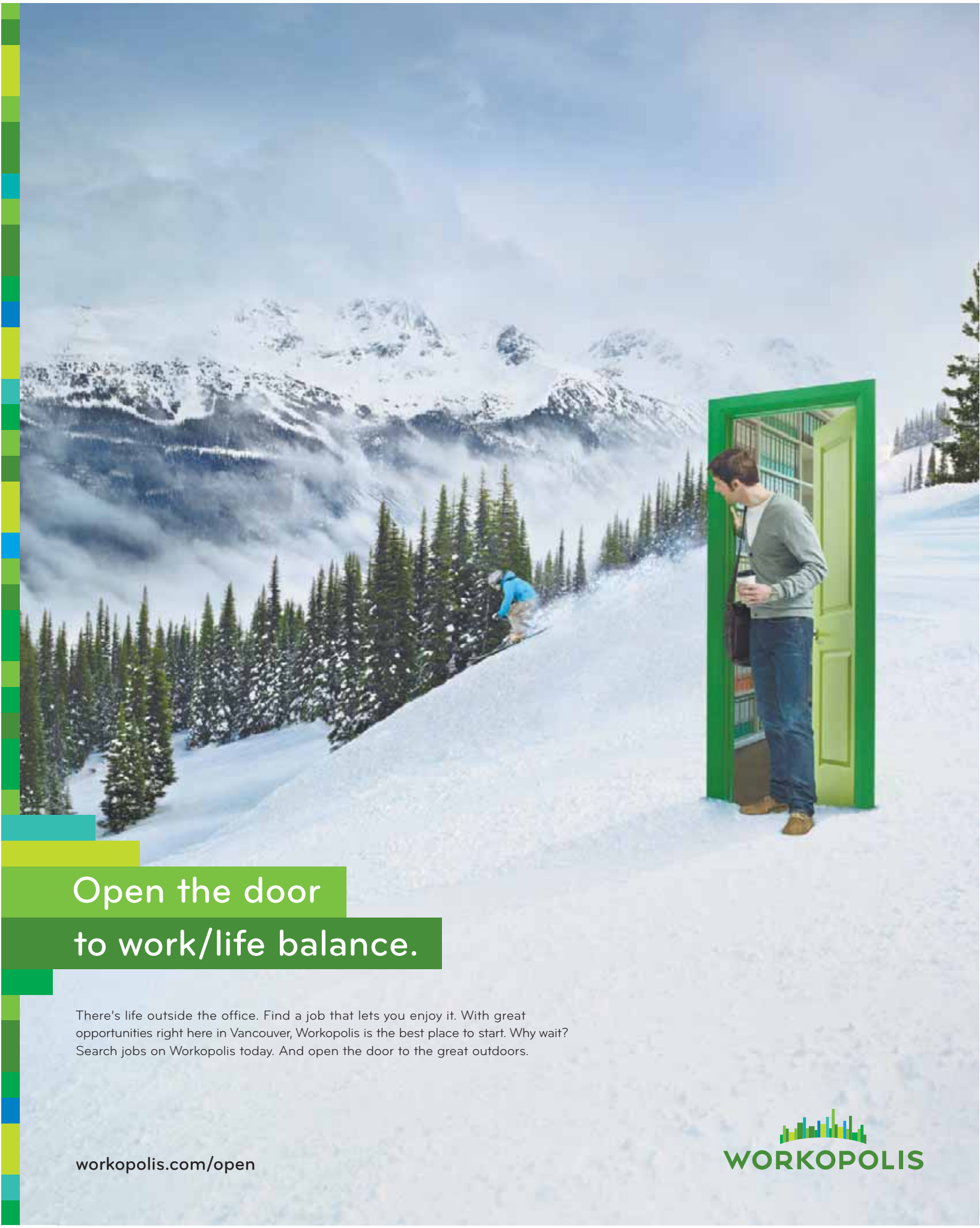
A man nicknamed the Bucket List Bandit by the FBI because he reportedly told a bank teller he had only months to live has been indicted on one of the 10 bank robberies he's suspected of committing.

Michael Eugene Brew

ster, 54, faces up to 20 years in prison if convicted.

A teller in a Utah bank robbery claims the suspect told her, "I have four months to live" after passing her a note demanding money.

Brewster was arrested in Oklahoma when an officer learned of a bank robbery arrest warrant after pulling him over for running a stop sign. THE ASSOCIATED PRESS



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Muslims open their doors to Berlin on Unity Day

Muslims participate in midday prayers at the Sehltik Mosque during open-house day for non-Muslims on German Unity Day (Tag der Deutschen Einheit) on Wednesday in Berlin. The city has a large Muslim immigrant community, and many of the city's mosques open their doors to the public on the annual Unity Day. Tag der Deutschen Einheit marks the day in 1991 when West Germany and East Germany reunited following the end of the Cold War. CARSTEN KOALL/GETTY IMAGES

Obama hoped to bring bin Laden to trial: New book

The Finish. Revelation could provide political fodder for Republicans as election approaches

A new book says President Barack Obama hoped to put Osama bin Laden on trial, showing the U.S. commitment to due process under law, if the al-Qaida leader had surrendered during a U.S. raid in Pakistan last year.

In *The Finish*, journalist Mark Bowden quotes the president as saying he thought he would be in a strong political position to argue in favour of giving bin Laden the full rights of a criminal defendant if bin Laden went on trial for masterminding the Sept. 11 attacks.

But Bowden, who also wrote *Black Hawk Down*, about the 1993 battle in Somalia in which 18 U.S.

soldiers were killed, says Obama expected bin Laden to go down fighting. A team of navy commandos, known as SEALs, raided bin Laden's compound in Abbottabad, Pakistan, in May 2011 and killed him.

The Finish is due to come out Oct. 16, a few weeks before the presidential election. The revelation that Obama hoped to capture bin Laden may provide political fodder for Republicans who have criticized the Obama administration for trying to bring terror suspects from Guantanamo Bay, Cuba, to trials in U.S. courts.

"Frankly, my belief was if we had captured him, that I would be in a pretty strong position, politically, here, to argue that displaying due process and rule of law would be our best weapon against al-Qaida, in preventing him from appearing as a martyr," Obama is quoted saying in an interview with Bowden.

THE ASSOCIATED PRESS

Hooliganism

Justice minister rebuffs concerns, defends 2-year Pussy Riot prison sentence

Russia's justice minister is defending a two-year prison sentence handed down to members of rock band Pussy Riot, rebuffing European Union concerns that the punishment was excessive.

Alexander Kononov says the sentence given to the three band members for hooliganism after they performed a "punk prayer" against President Vladimir Putin at Moscow's main cathedral is a "very subjective matter."

Kononov was responding Wednesday to EU Home Affairs Commissioner Cecilia Malmstrom, who repeated EU concerns that the sentence was disproportionate to a "peaceful expression of protest," even though it may have offended many people within and outside the cathedral.

Kononov urged the EU to engage Russian authorities in dialogue instead of "coming up with a politicized assessment based on unverified information."

THE ASSOCIATED PRESS



President Barack Obama, Vice-President Joe Biden, Secretary of State Hillary Rodham Clinton and members of the national-security team watch an update on the mission against Osama bin Laden in the Situation Room of the White House on May 1, 2011. PETE SOUZA, THE WHITE HOUSE/THE ASSOCIATED PRESS

Morocco. Safe-abortion boat could be turned away

Moroccan authorities said Wednesday that a Dutch ship promoting legal abortions set to dock in Morocco is operating outside the law and could possibly be stopped before arriving at a northern Mediterranean port.

The Dutch ship, which promotes safe and legal abortions worldwide, was invited by a Moroccan women's group to raise awareness in the struggle to legalize abortions, which are not allowed in the con-

servative Muslim country. It is scheduled to arrive at the port of Smir on Thursday.

It would be the "Women on Waves" boat's first landfall in a Muslim country.

"We haven't been informed about the arrival of this boat from a security standpoint. It's a boat we don't know or why it is coming, so I don't see what we can do," Minister of Interior Mohend Laenser told The Associated Press.

THE ASSOCIATED PRESS

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social services workers like her, have witnessed the impacts of BC Liberal government cuts on the lives of the people they support. Now, after more than a decade of service cuts, closures, and no significant wage or benefit increases, these workers are themselves falling behind and struggling to make ends meet.

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It's time to treat workers like Sheryl with fairness and respect.



BC Community
Social Services Workers

CUPE Canadian Union
of Public Employees

Batman in cuffs. Man dressed in superhero costume arrested

Police say they arrested a U.S. man after he showed up at a crime scene wearing a Batman outfit because he wouldn't leave them alone.

"He wouldn't clear the scene, and we had a canine out there, and he kept screwing up the scent," State Police Sgt. Jeff Gorno told the Petoskey News-Review.

Mark Wayne Williams, 33, was charged in Saturday's incident with resisting and obstructing police in an investigation.

THE ASSOCIATED PRESS



Mark Wayne Williams in his costume
PETOSKEY DEPARTMENT OF PUBLIC SAFETY

Dying language

Last Cromarty speaker dies at 92

In a remote fishing town on the tip of Scotland's Black Isle, the last native speaker of the Cromarty dialect has died, taking with him another little piece of the English linguistic mosaic.

Scottish academics said Wednesday that Bobby Hogg, who passed away last week at age 92, was the last person fluent in the dialect once common in the seaside town of Cromarty, about 175 miles (280 kilometres) north of Scottish capital Edinburgh.

THE ASSOCIATED PRESS

Stolen batch of maple syrup gets a police escort

Sweet and sticky gold. A large quantity of stolen maple syrup has been brought back from New Brunswick to Quebec

In many places, gold shipments will get their own police escort. In others, nuclear materials might get that same security treatment.

But what about Canada, eh?

In this country, the protected material can be maple syrup. A convoy of 16 trailers loaded of the sweet stuff on Wednesday undertook an interprovincial journey — accompanied by a squad of

provincial police cars.

The shipment stems from an investigation into a stolen haul from a Quebec warehouse and the sticky substance is on its way back home from neighbouring New Brunswick.

Yvon Poitras, the general manager of the New Brunswick Maple Syrup Association, says the goods came from a New Brunswick exporter.

"(The convoy's) under police protection going somewhere in Quebec," he said.

"We've been asked not to talk because it's under investigation."

Police confirm that an investigation is underway, but are keeping mum. They will only say that a search was carried out on Sept. 26 at a com-

pany alongside a highway in Kedgwick, N.B.

In August, the Quebec Federation of Maple Syrup Producers reported the theft of a massive quantity from the warehouse in St-Louis-de-Blandford. The missing stock was discovered during a routine inventory check.

The burglarized warehouse held more than 4.5 million kilograms of maple syrup, valued at over \$30 million.

The exact amount of the theft was not disclosed.

Quebec produces between 70 and 80 per cent of the world's maple syrup and two-thirds of the Canadian supplies exported to the United States, according to that provincial federation.

THE CANADIAN PRESS



Bottles of Kickapoo Gold organic maple syrup are displayed at the FamilyFarmed.org EXPO. TIM BOYLE/GETTY IMAGES

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Serbia bans Gay Pride parade, again

Police cite potential for violence. Decision follows request by Orthodox Church leaders, who call it a 'parade of shame'

Serbia's police on Wednesday banned a Gay Pride march in Belgrade, citing security concerns, but also complying

with a request from Serbia's Christian Orthodox church.

Police said they were banning the march planned for Saturday because they feared a repeat of the violence in 2010, when right-wing groups attacked a Gay Pride event in Belgrade. That triggered day-long clashes with the police which left more than 100 people injured.

Last year's march also was banned by authorities.

The current ban was an-

nounced after Patriarch Irinej, the head of Serbia's Christian Orthodox church, urged the government to prevent Saturday's march. In a statement, he said such a "parade of shame" would cast a "moral shadow" on Serbia — a conservative Balkan country whose gay population has faced threats and harassment.

Allowing a Gay Pride march this year had been regarded by some as a test of Serbia's pledge to respect human rights

as it seeks European Union membership. That was clear in the reaction of European Parliament official Jelko Kacin, who called the ban a "political decision that questions the rule of law in Serbia."

Secretary-General Thorbjørn Jagland of the Council of Europe, the continent's main human rights body, said he was "surprised and disappointed" that the pride event has been banned again.

THE ASSOCIATED PRESS



In this file photo from 2010, riot police gather to protect a Gay Pride parade as it moves along a street in Belgrade, Serbia. DARKO VOJNOVIC/THE ASSOCIATED PRESS FILE

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Wikileaks bail jump

Assange allies want their cash

Supporters of Julian Assange are waiting to find out if they will lose the 140,000 pounds (\$222,000 Cdn) they put up in bail surety money because the WikiLeaks founder has sought political asylum in Ecuador's Embassy in London. Assange, 41, has been holed up in the embassy since June 19 as part of his bid to avoid extradition to Sweden, where he faces questioning over sex-crimes allegations.

THE ASSOCIATED PRESS

Bosnian conflict

War crimes suspects freed

Bosnia's war crimes court has acquitted two former Bosnian Serb policemen accused of participating in the 1995 Srebrenica massacre.

The court said Wednesday that prosecutors failed to prove Dragan Neskovic and Zoran Ilic committed crimes against humanity by rounding up Muslim men for execution and then firing into the piles of bodies to make sure there were no survivors of the 8,000 shot.

THE ASSOCIATED PRESS



Yes, they could

This photo from 2008 shows the remains of a woman in a grave in Geitzendorf, Austria. The Museum of Ancient History Lower Austria says the remains are that of a female metal worker from more than 3,000 years ago — the first indication women did such work back then. THE ASSOCIATED PRESS



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Crackdowns launched in Iran as currency plunges

Public anger. Nuclear sanctions thought to have played a role as rial spirals down

Police threatened merchants who closed their shops in Tehran's main bazaar and launched crackdowns on sidewalk money changers on Wednesday as part of a push to halt the plunge of Iran's currency, which has shed more than a third its value in less than a week.

The measures underscore a concern by officials facing one of the most destabilizing scenarios, which has been partly blamed on the fallout from Western sanctions over Tehran's nuclear program.

Public anger has mounted over a combination of a falling currency and rising prices, which have put staples like chicken and lamb out of reach of many low-income Iranians.

The shrinking rial also has



The bazaar in Tehran in July. Iran has launched crackdowns on street money changers to halt the plunge of their currency. VAHID SALEMI/THE ASSOCIATED PRESS

rekindled bitter political feuds between President Ahmadinejad and his rivals, who claim the crisis has also been fed by misguided monetary policies. Iran's rial hit a record low of

35,500 against the U.S. dollar Tuesday in the widely followed street-trading rate. It was about 24,000 a week ago and 10,000 to \$1 U.S. in 2011.

THE ASSOCIATED PRESS

French anti-terrorism laws to be expanded

A new anti-terrorism bill unveiled by France's government Wednesday would expand already tough laws and seek to deter people from travelling abroad to train at terror camps, and is designed to prevent a repeat of an attack during which a French Islamist killed seven people.

In March, a young French radical Mohamed Merah killed three Jewish children, a rabbi and three paratroopers over eight days before he died in a standoff with police. Merah claimed links

to al-Qaida and said he had received training at an Islamist paramilitary camp in Pakistan.

The bill would give new power to France's already-strong legal arsenal to fight terrorism by allowing authorities to bring to justice anyone who attends foreign training camps, even before they can strike at home.

This measure "will let us pursue people who are going to terrorism training camps abroad, even if they haven't committed any crimes on

French soil," government spokeswoman Najat Vallaud-Belkacem said.

Current law only allows prosecution of French nationals if crimes that they commit abroad are penalized in the same way as in France, and if foreign authorities point out the crimes by French people, though exceptions exist.

President Francois Hollande told ministers he hopes that parliament will take up the bill before year-end, said Belkacem.

THE ASSOCIATED PRESS

NATO convenes

Turkey retaliates against Syria

Turkish artillery fired on Syrian targets Wednesday after shelling from Syria struck a border village in Turkey, killing five civilians, sharply escalating tensions between the two neighbours. The situation prompted NATO to convene an emergency meeting.

The Syria shelling appeared to come from forces loyal to Syrian President Assad's regime.

THE ASSOCIATED PRESS

Two shot

U.S. border guard killed in shooting

Investigators were scouring a rugged area Wednesday near the U.S.-Mexico border for evidence in the fatal shooting of a Border Patrol agent, the first since 2010.

Nicholas Ivie and a colleague were on patrol in the Arizona desert when gunfire broke out Tuesday. Ivie, 30, was killed. The other agent was shot but was released from a hospital Wednesday.

THE ASSOCIATED PRESS

U.S. & Britain

Terror suspect fights extradition

The lawyer for a terror suspect wanted by the U.S. said Wednesday his client is too depressed and unhealthy to extradite.

Alun Jones told judges at London's High Court that extremist cleric Abu Hamza al-Masri is suffering from clinical depression, inability to concentrate and short-term memory loss. He says his client should not be extradited to the States. THE ASSOCIATED PRESS



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Together they are stronger: Elders Archbishop Desmond Tutu and Mary Robinson, former president of Ireland, lend their support to Youngers. CONTRIBUTED/JEFF MOORE/THE ELDERS

Where spirit meets action

Double vision. A super team of young activists and senior public figures are aiming at nothing less than saving the world



ELISABETH BRAW
Metro World News in London

It's like Space Cowboys in the real world, with aging heroes returning to save the Earth.

Meet the Elders, a group of senior public figures whose stated purpose is to work, with "an independent voice,

not bound by the interests of any nation, government or institution," for peace and human rights.

That mission can be controversial, as the Elders insist on listening to all sides in a conflict and speaking "difficult truths." Indeed, while Nelson Mandela's wife, Graca Machel, promotes an end to child marriage, former U.S. president Jimmy Carter and Mary Robinson, former president of Ireland, have visited North Korea to broker a peace deal with South Korea.

But when Mandela inspired Virgin Mobile founder Sir Richard Branson to help him launch a network of distinguished politicians, the

Young at heart

"Young people everywhere need to be assured of their incredible power. In turn, they can give us oldies some of their energy!"

Archbishop Desmond Tutu, chairman of the Elders



legendary South African was almost 90. Branson named the new group the Elders. And now they're adding a youth division: The Youngers.

"The major barrier young people have is a lack of belief in youth held by those in power. They feel they have the monopoly of knowledge," says Esther Agbarakwe, a

28-year-old Younger from Nigeria. "There are emerging global civil-society networks working on sustainability that create greater pressure from the bottom up," adds Marvin Nala, 23, a Chinese Younger.

More than mentoring, what young leaders need most is support and a listen-

ing ear, says Katy Cronin, chief operating officer of the Elders. "Elders give The Youngers recognition. They're very talented young people, but they often feel that people don't listen. The Elders listen to them and give them confidence."

The Elders now include Archbishop Desmond Tutu and former world leaders such as Carter and Brazil's Fernando Cardoso. Tutu serves as the group's chairman, while Mandela has retired.

"My fellow Elders and I often travel to places of deep unrest and suffering, but we always find wonderfully bright, inspiring young people who fill us with hope,"

Tutu says. "Five years ago, when he founded the Elders, Nelson Mandela told us to reach out to the youth and that is precisely why — young people everywhere need to be assured of their incredible power. In turn, they can give us oldies some of their energy!"

The Elders have helped negotiate between the Koreans, in the Middle East, Cote d'Ivoire, Sri Lanka and Sudan. Elder statesman Lakhdar Brahimi of Algeria has just been appointed UN peace envoy to Syria.

"The Elders demonstrated their faith in young people and told the world that youth matters," Agbarakwe says.



Esther Agbarakwe CONTRIBUTED

Case study. 'We need to lift people out of poverty'

Esther Agbarakwe of Nigeria, also known as "Esther Climate," has travelled all over Africa leading environmental initiatives, and has served as the continent's co-coordinator for the UN Commission on Sustainable Development.

As a Younger, she has drawn inspiration from Elders Mary Robinson and Archbishop Desmond Tutu. "I was really honoured to be involved and have the influence

to make changes," she says. Agbarakwe feels development has been held back by the "extreme politics and corruption" of African leaders.

"My greatest ambition is to support development that leads to environmentally sustainable growth in Nigeria, lifting people out of poverty and empowering them to hold government accountable."

KIERON MONKS/METRO WORLD NEWS



Martin Nala CONTRIBUTED

Case study. 'Youth have enormous power'

A volunteer litter-picker at the age of 10, Younger Martin Nala has devoted himself to grassroots activism on issues ranging from HIV to sustainability. He led a youth team to the Rio+20 summit.

"The result of Rio+20 is, for sure, depressing regarding nations' co-operation and international regime-building. But on the other side, I saw more energy from grassroots," he says.

Nala is determined to bring sustainability to his homeland of China and believes young leaders will make a difference.

"Youth brought up in cities may not be aware of how serious the problems are at this very moment," he says, pointing to the issue of air quality as an example. "If they see it, they have enormous power to change it."

KIERON MONKS/METRO WORLD NEWS

Monarchy adversary dies before becoming a Canadian citizen

Dream unfulfilled.

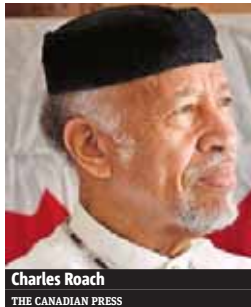
Toronto lawyer Charles Roach crusaded for change to citizenship requirements

A man who refused to take the oath of citizenship because of his opposition to the monarchy has died with his decades-long dream of becoming a Canadian unfulfilled.

Toronto civil-rights lawyer Charles Roach, who immigrated from Trinidad and Tobago more than half a century ago, died Tuesday after a long battle with brain cancer. He was 79.

Roach had fought to change the country's citizenship requirements to allow people to swear an oath to Canada instead of the throne, which he said represented a legacy of oppression, imperialism and racism.

A New Democrat MP is now calling on Ottawa to make Roach, who was a prominent community activist, a Canadian citizen posthumously.



Charles Roach
THE CANADIAN PRESS

In a statement Wednesday to the House of Commons, Andrew Cash urged the government to honour Roach with the status.

"People may not agree with the views that Mr. Roach expressed around this issue, but I think you can disagree and still respect the man and his contributions," the Toronto MP said in an interview from Ottawa.

Cash said he tried asking Immigration Minister Jason Kenney last week to fulfil Roach's dying wish to become a Canadian citizen by pledging allegiance to Canada, instead

of the monarchy.

But Immigration Canada quickly shut the door on any chance that Roach would be given his citizenship after death.

"There is no provision under the Citizenship Act for the Minister of Citizenship and Immigration to grant citizenship posthumously," a departmental spokesman wrote in an email Wednesday.

A close friend and colleague, Peter Rosenthal, said Roach's desire to become a Canadian citizen was extremely important to him, but his conscience wouldn't allow him to swear allegiance to the Queen.

Roach, who said he believed there were many other residents of Canada like him, initiated the first of several court challenges to remove the royal reference from the oath in the 1990s.

His latest legal battle will continue after his death because there are other applicants, said Rosenthal, who will argue the case before the Ontario Superior Court in July.

THE CANADIAN PRESS



Demanding a gun-control plan

New York Mayor Michael Bloomberg, second from left, meets with Aurora, Colo., shooting survivor Stephen Barton, right, at New York City Hall on Wednesday. Barton, who was shot in the face and neck during the shooting last July that killed a dozen people and wounded 60, now appears in a national "Demand a Plan" ad campaign urging politicians to make gun control a major priority. The ad is sponsored by Mayors Against Illegal Guns, which was co-founded by Bloomberg. JOHN MOORE/GETTY IMAGES

New Brunswick. More than 3,000 moose killed during record hunt

New Brunswick hunters killed 3,556 moose during last week's three-day moose season.

Natural Resources Minister Bruce Northrup says that's a

record for the annual hunt.

Northrup says the figure is up by 44 per cent from last fall, mainly due to an increase in the number of licences made available in the prov-

ince.

There were more than 4,700 licensed hunters for the Sept. 27-29 hunt, with about 75 per cent successful in getting a moose. THE CANADIAN PRESS

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FANCY RESTAURANTS? STICK A FORK IN ME, I'M DONE



HE SAYS...
John Mazerolle
metronews.ca

So I was at a fancy restaurant recently, which, given my lack of kitchen skills, is a bit like Patrick Stewart at a hair salon or Gandhi going out to play paintball.

A lot of culi-narys like me eat at restaurants, but rarely has the contrast been this extreme.

On the one hand, you had me: The worst cook in the world, topping out in creativity with my piece de resistance bacon and eggs (now with toast!)

On the other, you had the restaurant: Geranium, an establishment in Copenhagen overseen by the best chef in the world.

Geranium is a Michelin-starred restaurant, so that guy made of tires likes it, and the "best chef" label comes thanks to the Bocuse d'Or, a world cooking contest revered by chefs because it's the only one ever created that doesn't involve Gordon Ramsay.

I felt so out of place that I was nervous when I arrived.

Understand that my childhood eating experiences were centred around meals like soggy fish sticks and Grade "Needs Remedial Help" beef.

I eat at lots of restaurants now, it's true, but I still felt like there was potential for embarrassment at such a classy joint. Maybe I'd do the wrong thing and everybody would freeze.

"Gasp! He's using the dessert fork for the appetizer!"

"My. God. Toss him?"

"No. But let's change the meal to a bowl of Kraft Dinner and a pat on the head."

I needn't have worried. The first good sign was that there was no dress code. Given my hiking boots and jeans I assumed they'd say, "Good evening sir, the loading doors are out back. We fill the dumpster at about 11:15."

Instead, they led me to my table and were very patient with me as they explained each of the 15 courses.

Server: Did you enjoy your emmer and spelt, sir?

Me: Maybe?

Server: You're doing fine, sir.

Me: I think I ate my napkin.

Server: Very good.

If I had eaten my napkin, you can bet they would have come running with a new one. That was a perk I learned quickly: Finish a drink, they refill it. Done with a fork, here comes a new fork. I was alone, but if I had a date with me I might have knocked her from her chair just to see if they'd immediately plunk down a new one.

So the service was fantastic, and the food was great, too.

I came away inspired and planned to change my personal cooking habits. From now on, whenever I eat a strip of bacon I will immediately replace it with another strip of bacon and so on in that fashion. The Bocuse d'Or is mine.



In order to climb the ranks in the restaurant biz — refill, refill, refill.

JOHN MAZEROLLE/METRO

Bite-size meal for a beast



CAMERON SPENCER/GETTY IMAGES

Sydney, Australia

Croc wakes up to a beefy breakfast

Rex, one of the world's largest crocodiles, feasts on beef ribs after waking up from his lengthy slumber.

It's the first meal after three months of hibernation for the five-metre, 700-kilogram saltwater crocodile, who resides at Wild Life Sydney Zoo. Keepers Wednesday lowered the food from a safe distance to avoid being part of the meal themselves. **METRO**

Crocodile digestion

They need plenty of sun in order to eat

Body temperature is the key reason why crocs feast between long intervals.

"As crocodiles are cold-blooded creatures, they need sunlight to give them the energy they need for metabolism, in order to digest their prey items," crocodile specialist Shaun Foggett told Metro.

Saltwater crocodiles are one of the few predators that consider humans to be a prey item. **METRO**

Saltwater crocs

- **Size.** Largest living crocodilian — specimens at 1,000 kilograms (2,200 pounds) are not uncommon.
- **Speed.** Can swim at 40 km/h and can travel 32 km/h land. "Their speed is the most astonishing thing about them," Foggett said.



Register at metropolitanpanel.ca and take the quick poll

Do you fear a looming bacon shortage?

57%
SOMEWHAT,
I CAN GET
USED TO
TURKEY
BACON.



14%
NO, PIGS ARE
PETS, NOT FOOD.



29%
YES, WHAT
WILL I PUT ON
MY BURGERS,
PIZZAS AND
PANCAKES?



Twitter

@bifnaked:

I wish I could grow a beard, just for a great challenge. Um... *rubs chin*

you!

@BobRansford:

Adoption of recommendations from Mayor of #Vancouver's #Housing Affordability Task Force doesn't result in mass rezoning. Cool down people!

@onthelukeout:

So happy right now! @bcRCMP recovered my stolen bike! Thank

@JeremySally:
#Dunbar, #kerrisdale residents expected at #vancouncil 2day to vocally oppose densification in community/mayor's task force #vanpoli #lj2378

@brentgranby:

Wow, Vancouver the new Norway- district energy systems at Council now <http://ow.ly/ec1xl> #vanpoli #chwh



Entrepreneurs à la Sir Richard

Screw fashion as usual. The new label Maiyet

Fashion. Saving lives. The two can be polar opposites, but up-scale label Maiyet hopes you fall in love with their designs first, then continue to purchase them because of their mission to help local artisans sustain their own businesses.

"What we don't do is produce pity products," co-founder Paul van Zyl explains to Metro. "We design products that people will wear regardless of the cause."

Maiyet scouts rare and unique artisanal items from around the world — like hand-woven cloth from Varanasi, India and hand-carved bone from Kenya — to use in their products.

Then they use part of their profits to fund training programs to educate craftsmen on how to make better quality products, and how to use their

business to provide a stable source of income for their communities.

They also front the money to produce the goods so artisans don't have to be stuck in high-interest loans. All of that is on top of making sure that people get paid fair wages.

Van Zyl's background doesn't exactly scream Carrie Bradshaw: He is the former executive secretary of South Africa's post-apartheid Truth and Reconciliation Commission and he never really worked in the fashion industry.

What drew him to the project was the idea that people don't have to choose between doing well in business and doing good for the world.

Van Zyl says the economic crisis has made people realize that there must be a better way to run their companies, and he



Maiyet's clothing prioritizes their global artisans. CONTRIBUTED

believes strongly that there is a way for moral markets to exist.

"We believe in trade and aid, not trade versus aid," he explained. "We want these companies to be small and sustainable and to make beautiful products." METRO WORLD NEWS

Screw school as usual. The Khan Academy

With 186 million views — more than Justin Bieber — the latest viral YouTube smash features ... school lessons about math, computer science and the Greek debt crisis? Yup, thanks to Salman Khan.

In 2004, Khan was a hedge fund manager tutoring his long-distance cousins with web videos. "They told me they preferred me on YouTube than in person," is Khan's catchphrase, a self-deprecating remark that's the key to his charm. The idea snowballed.

Eight years later, Khan Acad-

emy offers a combination of tutorial videos and an online classroom for the community to talk through their questions. The courses, which range from algebra to art history, are offered 24-hours a day to anyone.

Reinventing school does not come cheap. "Obviously it costs millions of dollars — about the budget of a medium-sized high school," Khan says to Metro World News. Khan Academy keeps costs low for the consumer and provides something better than a monetary return — a social return. METRO WORLD NEWS



Salman Khan CONTRIBUTED

Screw soccer as usual. The Homeless World Cup

It started with a chat between colleagues Mel Young and Harald Schmied in a Cape Town bar, discussing ways to bring attention to homelessness.

"Soccer is the 'universal language' that brings people together, wherever they are," says Young. "It is cheap and easy to organize and great fun for everyone — of all ages and abilities. It is also a team game, and is good for health and fitness. Soccer can have a huge impact on people, but all sports have the power to change

people's lives."

Today, their Homeless World Cup helps a variety of people including the homeless, people who are struggling with drug and alcohol addiction and those with HIV/AIDS.

All participate in the annual Homeless World Cup tournament, which will take place in Mexico City Oct. 6 through 14 this year.

For Young, what keeps him going is a pragmatic attitude that actions speak louder than words. METRO WORLD NEWS



Scotland, winners of the 2011 Homeless World Cup. CONTRIBUTED



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Thursday, October 4, 2012

BUSINESS

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More Canadians border-hopping for cheap flights

Buffalo. Airfares, fees, taxes and wages make flying out of the U.S. 30 per cent cheaper

A new report finds that a soaring number of jet-setting Canadians are border-hopping to catch cheaper flights.

The Conference Board of Canada report, issued Wednesday, said that about five million Canadians now cross the U.S. border by land every year to fly out of American airports.

Higher airfares and fees and taxes in Canada, as well as differences in wages, aircraft prices and industry productivity, make it 30 per cent cheaper to fly out of the U.S.

The Conference Board says fees and taxes make up about 40 per cent of the cost of an airplane ticket in Canada.

The report suggests that while other factors are beyond government control, small reductions in the airfare differential could lead to traffic gains for Canadian airports and carriers.

It estimates that changes to Canadian policies alone could bring more than two million passengers a year back to Canadian airports.

Federal Finance Minister Jim Flaherty told reporters Wednesday that Ottawa is "concerned" about the issue and that federal Transport Minister Denis Lebel "has been working on a consultation project with the airlines, and with the airport authorities in Canada to try to see what we can accomplish."

"The fact that Canada's largest airports are losing traffic to cross-border competitors matters because it undermines their role as national and international hubs," said David

Stewart-Patterson, the board's vice-president of public policy.
THE CANADIAN PRESS

Market Minute



DOLLAR
101.20¢
(-0.40¢)



TSX
12,359.47 (-31.76)



OIL
\$88.14 US (-\$3.75)



GOLD
\$1,779.80 US (+\$4.20)

Natural gas: \$3.395 (-13.6¢)
Dow Jones: 13,494.61 (+12.25)



E. coli information was delayed: CFIA

Agriculture Minister Gerry Ritz, right, speaks to media as he provides an update on Canadian food safety in Calgary, Alta., Wednesday. The Canadian Food Inspection Agency has said there was a delay getting information on tainted meat from an Alberta packing plant at the centre of an extensive beef recall.

JEFF MCINTOSH/THE CANADIAN PRESS

Nortel

Ont. judge to decide fate of executives

The case of three former Nortel executives accused of

fraud is now in the hands of an Ontario judge. Ontario Superior Justice Frank Marrocco reserved his decision today after hearing four days of closing arguments and months of testimony in the long-running

trial. He is scheduled to deliver his decision January 14. Former CEO Frank Dunn, ex-CFO Douglas Beatty and ex-controller Michael Golligly are each charged with two counts of fraud. **THE CANADIAN PRESS**

SCENE 2



Gina Chiarelli in the Arts Club Theatre Company's production of *Master Class*. COURTESY DAVID COOPER

Master Class — inspired by Callas — at the Arts Club

Opera great. Story uses singer as a vehicle to talk about passion, art and commitment



BACKSTAGE PASS
Graeme McLeanor
vancouver@metronews.ca

Leonard Bernstein called her "The Bible of Opera."
Even today, 35 years after

her death, she's considered the definition of the diva.

And *La Divina* — Maria Callas, one of the most-renowned opera singers of the 20th century — is the inspiration for the Tony-Award-winning *Master Class*, at the Arts Club's Granville Island stage (until Oct. 27).

The play opens in a master class at Julliard, although it seems the world's greatest soprano is now more interested in teaching lessons about life — low notes and all.

Gina Chiarelli stars as the singer and Med Roe makes her directorial debut for the Arts Club.

"I came into the project knowing very little about Callas' story and found the script fascinating right from the first read," says Roe.

"(Playwright Terrence) McNally is talking about passion and art and commitment in the piece, and he uses Callas as a tool for that.

"He knows Callas inside and out, and he presents her in such a way that we walk

away from the play feeling like we've really gained an insight into her person, and not just into her history.

"The fun of this production is that it should feel like you're a fly on the wall of this master class, a witness to this epic, artistic genius trying to impart a piece of her magic to the next generation."

Tickets are \$29 to \$49. For more information, visit ArtsClub.com.

And now for something completely different:

Jagged little still?

Oh, look, it's Alanis Morissette. She's back from wherever she went. Was it India? I can't remember. She's performing tonight at The Centre in Vancouver for Performing Arts with special guest Souleye. Tickets range from \$39 to \$99.50. The show starts at 7 p.m.

The Jezabels...

Take the stage at Venue tomorrow night. Tickets are \$20. It's an early show, starting at 7:30 p.m.

Raffi

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EG-402	Vancouver (YVR)	10:25 AM	Calgary (YYC)	12:45 PM	0

MONDAY, OCTOBER 8, 2012

Flight	Origin	Depart	Destination	Arrive	Stops
EG-401	Calgary (YYC)	9:55 AM	Vancouver (YVR)	10:20 AM	0
EG-402	Vancouver (YVR)	11:05 AM	Calgary (YYC)	1:25 PM	0

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Cesar Millan's techniques can help transition a farm dog into a city dog

Using confidence to overcome tension.

Planning, controlling a dog's instincts are key to making major life changes go smoothly

LIZ BROWN
liz.brown@metronews.ca

Diving on top of my dog, April, to stop her from darting out onto a busy Toronto street in pursuit of a squirrel, left me with two bloody knees.

As I limped home, April jerking me in all directions in search of more prey, I knew I needed help.

My seven-year-old lab mix wasn't exactly adapting well to city living after spending the last year on my mom and dad's farm. Instead of spending her days prowling bucolic fields for rabbits and heading out on off-leash hikes with my family, she was now confined to a 350-square-foot bachelor apartment and spends at least eight hours alone each day. Aside from pulling me into oncoming traffic, she was also chewing bald patches in her coat. Short of sending her back to the farm, I didn't know what to do.

So when I limped into work last week after my April accident and my boss asked me if I wanted to interview Cesar Millan, who was in Toronto at the Newstalk 1010 studio to talk about his Trust Your Instincts Tour, I took the assignment. If there was anyone who could help me, it was the Dog Whisperer.

How do you help a dog make



Cesar Millan teaches Metro's Liz Brown a few tricks to help her Labrador-mix, April, get used to the big city. SUPPLIED

a major transition?

It's very important we acknowledge their uncertainty. What we need to do is no touch, no talk, no eye contact with dogs that come from an area where it's not as hectic. We need to let them come to us and get to know us from an energy perspective. That's the best thing you can do to any dog to let it know that you're

welcoming them into this chaotic life.

How do I get her to stop chasing squirrels?

That's the thing. On the farm you don't mind that, you know she's coming back. But at the same time, there's one thing I would teach farmers: If you're ever going to bring a dog to the city, you have to do

the transition of it ahead. You can control instincts, hunters do it all the time. So you have to be able to control that desire. (He points to the harness I have on April) Number one, that harness is not going to help you. A harness is for pulling or tracking behaviour. A harness creates this (he stands up, darting back and forth and sniffs the air). And then the

For more...

- **Cesar Millan's Trust Your Instincts Tour.** Canadian tour begins Nov. 4 in Victoria, and stops in 19 cities. For information about the show closest to you, visit metronews.ca.
- **Video.** Go to newstalk1010.com for an in-depth interview.

human is doing this (tenses up and looks afraid) "no, stop it, no, heel, no, over here, no, leave it." So the human is talking, but he's not creating calmness. The leash on the neck creates a calm state.

How can I stop her from chewing?

It's a physical reaction to the new life because the level of stress. It's the same thing as why people numb themselves more often in the city than on a farm, because on a farm you're tired from physical work and the relaxation. (April starts chewing as we're talking, Cesar gives her a swift touch). You just give her a touch to stop the chewing. A lot of people will grab the nose and the mouth and say "no don't lick yourself, stop it." That doesn't work because you're giving the dog tension when he's already tense. So first, I stop the behaviour, then let her go into a calm state.

How can I give her enough exercise?

You need rollerblades. You need to match her speed.

Um, I'm not you, I've seen

you on TV with rollerblades and dogs. I can't do that.

(Laughs) I control the speed and direction. We know dogs don't want to walk, they want to run. Most people bring them from the house to the dog park and that's not healthy. What I'm saying is that "I'm going to take you out of the house and you and me, we're going to run." And the dog thinks "you were with me the whole time, telling me what not to do, what not to chase." You need to be in control. Sometimes I have 15 dogs when I'm rollerblading.

Have you ever had any crazy falls?

Of course. But I just get back up. I used to surf. The waves knock you down all kinds of times, but you get back out there. I don't have fear. I'm not afraid of dying, it's not in my space. When you fall, sometimes the dog still goes and he's still excited and then you're chasing him and it's "cluck, cluck, cluck" on your rollerblades and he thinks you're playing (laughs).

So what's the most important thing for dog owners to remember about transitions?

What we have to understand is number one, how do we feel about this transition. And be honest, you have to have some brutal honesty. "I'm nervous, I'm fearful, I'm anxious, I'm confused." It's OK, so now you know the problem is not the transition for the dog, but how your energy affects them. I train people and rehabilitate dogs. I train people to see themselves as energy. So it doesn't matter what want in life, it matters how you deal with life.

Janssen won't be surprised if Taken again

Interview. Actress returns to Luc Besson film for Taken 2 and won't rule out another return despite Liam Neeson's objections

HEIDI PATALANO
Metro World News

She's been a Bond villain, X-Men's Jean Grey, an alluring transsexual on Nip/Tuck and soon, an evil witch in Hansel and Gretel: Witch Hunters. But right now, Dutch actress, model, writer and director Famke Janssen is focused on

the reprisal of her role as Lenore, the long-suffering ex-wife of retired CIA operative Bryan Mills (Liam Neeson). While she and her daughter (played by Maggie Grace) survived the first round of Eastern European thugs in Luc Besson's Taken, the family of three faces a challenge of a different kind when vacationing in Istanbul for the film's sequel. Janssen spoke to Metro about the new film and how she broke a rib in the honor of a convincing action sequence.

You've remarked that the chaos of Istanbul enhanced your performance while filming Taken 2 there. Tell

us more about what happened on set.

It's an absolutely breathtakingly beautiful place — very old but it also has one of the fastest growing economies so it's just outgrowing its own size and as a result there's more cars than the city knows what to do with, more people, more mopeds, more wild dogs, more motorcycles so it's just the mosques that are there with loud speakers on them and they are competing with one another in terms of the prayers that happen at numerous times during the day.

You shot at the Grand Bazaar. There are so many

stray animals there.

Yeah, stray cats and dogs. I actually brought my own dog with me but they were not particularly fans of Licorice. It was a little bit sad but it's just a different culture.

Considering you've done a fair share of action films, including 1995 Bond film GoldenEye, what's one of the worst injuries that you've sustained while being on set out of any of your experiences?

I've actually broken a rib twice. I broke my rib on GoldenEye and I broke a rib on Hansel and Gretel: Witch Hunters, the movie that comes out in January

with Jeremy Renner. So I've experienced some injuries.

What do you think would happen in a third Taken film?

Maybe they could do what I already suggested for Taken 2, which was that Liam (Neeson) was going to be taken and Maggie (Grace) and I would come and save him, but nobody liked that idea, apparently. I was joking by saying that of course. I don't know, Liam apparently is adamant about not wanting to do a Taken 3 and the director of our last movie, Olivier Megaton said that there was not going to be a Taken 3. I always say you never know.



Famke Janssen. HANDOUT

BEING BRANSON

THE MANY FACES OF THE VIRGIN MAGNATE

“Like a virgin, touched for the very first time.” OK, it’s a Madonna hit — but Sir Richard Branson comes to mind whenever you hear the word ‘virgin.’ Today, Branson’s group, which runs some 400-plus companies in areas from mobile telephones and travel to music and health services, has more than 50,000 employees and annual revenues of around \$21 billion US.

An iconoclast and adventurer, he is also deeply involved in non-business activities. Meet the other Bransons.

ELISABETH BRAW
elisabeth.braw@metro.lk



ILLUSTRATIONS: MIA KORAB/METRO WORLD NEWS

Disarmament: Let's get rid of that old junk and save money

Twenty years ago, the United States and Russia had thousands of nuclear weapons each.

The arsenal was called MAD, Mutually Assured Destruction, because they could easily annihilate the world many times over.

Today, the world's nuclear powers — the U.S., Russia, Britain, France, China and unofficial nuclear countries like India and Pakistan — still have hundreds of nuclear warheads.

That's enough to destroy the world many times over, and these weapons cost more than \$1 billion US per decade.

As a result, Sir Richard Branson

He says

“Getting rid of nuclear weapons would save a lot of money and would solve many of the world's current deficit problems.”

Sir Richard Branson

and some 300 world leaders have formed Global Zero, a global organization that advocates eliminating all the world's nuclear weapons.

“From a deterrent point of view, a country only needs 300 nuclear weapons,” Branson told Metro earlier this year.

“Getting rid of nuclear weapons would save a lot of money and would solve many of the world's current deficit problems.”

That's because maintaining the current nuclear stockpile is hugely expensive: The total cost to official and unofficial nuclear weapons states is expected to surpass \$1 trillion US in the next decade, according to a study released by Global Zero.

Global Zero now also has some 400,000 members worldwide.

The Elders: working for peace

They're old — and cool.

When Nelson Mandela retired as President of South Africa, he wanted to use his stature to help solve conflicts around the world. He turned to Branson, who agreed to co-found and fund The Elders.

And The Elders are just that: older statesmen whose reputation allow them to crisscross the world and help solve disputes.

Mandela has since been joined by, among others, his old friend Archbishop Desmond Tutu, Graca Machel (Mandela's wife, who has a long political career in her native Mozambique)

and former U.S. president Jimmy Carter.

The Elders fill a unique need in international politics as there's no institution or organization to which parties in conflict can turn.

The United Nations appoints envoys, but their missions are official and subject to pressures from UN member states. The Elders go in a private capacity.

And after missions to the Koreas, Middle East, Cyprus and Sri Lanka, The Elders have gained the top players' attention: Lakhdar Brahimi, one of The Elders, has just been appointed UN envoy to Syria.

Space exploration: The sky is no longer the limit

The state of New Mexico hosts a novel installation: a spaceport. Starting next year, space tourists willing to pay \$200,000 US will be able to blast off from Spaceport America on a Virgin Galactic spacecraft. They'll spend two and a half hours in space and five minutes in weightlessness.

Branson says his flights are not frivolous — scientists will use the flights to carry out research on the ozone layer and NASA will rent space on flights.

His quote

"I know there are literally thousands of people who would love to go to space, to be able to look out the window, to marvel at the beautiful Earth."

Sir Richard Branson
told AFP news agency

Legalizing drugs: Follow Portugal's example

Take a look at Mexico: between January and September last year, nearly 13,000 Mexicans were killed in drug-related violence. Since the country's government launched its war on drugs six years ago, nearly 48,000 people have been killed.

More than 50,000 troops and policemen are involved in the war against drugs — and that's just in Mexico.

Each year, some \$13 billion US worth of drugs are smuggled from South America to the United States.

Combating drugs, argues Branson and others, is a waste of time and money.

Online

For more on Branson's push for decriminalizing drugs, click on metronews.ca.



Earlier this year, he testified to the British Parliament about the benefits of decriminalizing drug use, noting that countries like Portugal, which have decriminalized drug use, have seen a drop in both the number of drug addicts and the amount of drug-related crime.

In fact, Branson joins a

growing chorus of voices in favour of softer drug legislation. Together with global leaders like Peruvian writer Mario Vargas Llosa and Ernesto Zedillo, former president of Mexico, he has formed the Global Commission on Drug Policy, which supports softer drug legislation.



Humanitarianism: It's up to businesses

OK, Branson surfs for fun, but he's also developed a knack for performing publicity stunts for good causes. A good cause, he argues, is often good business.

The boundaries between work and purpose are merging into one, he writes in his new book, *Screw Business As Usual*.

Branson names his concept

Capitalism 24902. (The name refers to the circumference of the globe.)

"Every single business person has responsibility for taking care of the people and the planet that make up our global village," he writes.

Curing disease may be the most daunting task facing the

business person who wants to save the planet.

In Britain, Branson thought up the Virgin Health Bank, where parents can store their children's stem cells.

"These cells could be used to treat a wide range of other conditions, from heart disease to diabetes, in the future," he says.

Music: The king maker

In the '60s and '70s, he started selling records while running a magazine. Virgin's first release was Tubular Bells by Mike Oldfield (1973), a chart-topper that led to deals with the Sex Pistols, Culture Club and many more. He sold Virgin Records to EMI in 1992 for \$1 billion US.

Quoted

"The music industry can make people rich beyond their dreams..."

Sir Richard Branson
Losing My Virginity: The Autobiography

Environment: Deal with problems in an entrepreneurial spirit

Celebrities like to travel to Necker Island, Branson's island in the Virgin Islands.

But Branson has smaller friends on his island too — ring-tailed lemurs, an endangered species from Madagascar that Branson has imported to his island in an attempt to save the animals.

Branson has larger environmental ambitions, too, and not just out of a desire to save the Earth.

"We have to deal with environmental problems in an entrepreneurial spirit," he told Metro earlier this year.

"For example, Virgin's

new aviation fuel uses waste from steel mills. Millions of jobs could be created worldwide by greening our cities. The environment would benefit, the cities would benefit, regular people would benefit, and it would stop money pouring out to the Middle East."

Branson has pledged to donate all his aviation businesses' profits to the development of alternative fuels.

His new Carbon War Room, in turn, encourages entrepreneurs and venture capitalists to come up with solutions to global warming.

JOHN PINETTE

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Kate Middleton. ALL PHOTOS GETTY IMAGES

Royal family fears more Middleton pictures to come

The British royal family's latest headache is apparently far from over, despite their victory in court against a French magazine that published topless photos of Kate Middleton.

There are apparently more photos — and possibly even a video — from their French vacation, and the latest also reportedly feature Prince William himself.

"Newspaper pictures editor tell me there are as many as 270 pictures being hawked around, which feature both the Duchess

Quote

"There are as many as 270 pictures being hawked around."

Willard Foxton
On photos of the Royals floating around

and Prince William naked," says the Telegraph's Willard Foxton. "Only 24 have appeared thus far. The Palace's nightmare is that the pictures are stills from a video."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Arnold's new memoir full of some choice quotes



THE WORD
Dorothy Robinson
scene@metronews.ca



Arnold Schwarzenegger

Arnold Schwarzenegger's new memoir, *Total Recall: My Unbelievably True Life Story*, is 640 pages of straight-up boasting by the former bodybuilder-turned-movie-star-turned-governor.

Oh, his ego. It truly is unbelievable. Metro compiled the best, non-humblebrags from the book.

When he first started dating Maria:

"The outside world looked at our relationship in a simpleminded way, as a juicy success story. 'Isn't it amazing that he wins Mr. Olympia and all these bodybuilding championships and then he gets this big movie contract and then gets a Kennedy as his girlfriend?'"

When he first met his future mother-in-law, Eunice Kennedy:

"The first words I blurted out were, 'Your daughter has a great ass.' I always loved to say outrageous things to people."

On their rehearsal dinner:

"The toasts on Maria's side were about her and how great she is and how I'd benefit from being her husband. From my side it was the opposite. What a great guy and perfect human being I am, and how she'd benefit from that."

On justifying cheating on Maria before they were hitched:

"The fling with Brigitte Nielsen underlined what I already knew. I wanted Maria to be my wife."

His take on acting:

"Compared to being an action hero, it was a lot easier to be a comic star."

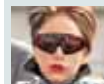
Amazing Arnold quotes taken out of context:

"Doing battle with a giant mechanical snake left me sore for a week."

"Jewish people have played such keys roles in my life."

"There was something comical about seeing two black people accusing each other of being black. We laughed about it later."

Twitter



@ladygaga

I feel like I'm staring at my album on the floor in hundreds of trimmings, to be sewn into a couture gown. In beautiful pieces, she is.



@JohnCleese

Just sitting down to start my autobiography. Problem is... remembering any of it ...



@PaulaAbdul

Awwww! I missed you too! xoxoP



@ConanOBrien

Starting a 3-day juice cleanse by dunking my cheeseburger in juice.



Rihanna

Rihanna continues reconciliation with Chris Brown

It looks like Rihanna just can't keep away from Chris Brown — even if he is supposedly dating model Karrueche Tran.

The infamous exes were spotted at NYC nightclub The Griffin this week "hugging

and kissing," a source tells Celebuzz.

"And they went to the back of the club alone together."

And Brown was spotted early the next morning sneaking out of the hotel where Rihanna is staying. The public displays of affection did not go over so well with Tran, apparently. "She felt the kiss was a public slap in the face," a source tells Us Weekly.

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'Tis the season for seduction, fun and body armour

Getting out the glitz, glam and faux-fur at Paris Fashion Week

PHOTOS AND TEXT BY ASSOCIATED PRESS



Miu Miu Meow!

Miu Miu's spring-summer 2013 show in Paris had a wintery vibe. Despite the slightly off-kilter season, it was a slick display, with lashings of faux-fur on coats and stoles with dyed patterning at the brand often seen as Miuccia Prada's baby sister offshoot. It picked up nicely on this season's fascination with prints as contrasting explosions on loose skirt suits — sometimes resembling the negative of a photograph. As ever, it remained demure, but back features graced a few reversed tops.



Vuitton goes retro-chic

What do you get if you mix up the world's most famous checks and Paris' most famous stripes?

The answer: Louis Vuitton, whose 1960s style spring-summer fashion show, in typically spectacular style, twinned the iconic checked Damier pattern with a set designed by artist Daniel Buren. Understatement is not a word in designer Marc Jacobs' vocabulary. So a collaboration with minimalist artist Buren — who made the famed striped columns in Paris' Palais Royal — might have raised eyebrows.

In fashion terms it was strong, with most of the 64 retro looks delivered in Mary-Quant-style.



Chanel perks up!

Fun was the healthy mantra that infiltrated Tuesday's Chanel show — a bright and diverse collection brimming with great new ideas. Silver bauble appliques became buttons, A-line skirts were playfully short, colourful checks contrasted funkily with geometric flashes and feather fringing billowed exuberantly. One model in a crossing "C" swimsuit even carried a three-foot handbag. A bold new fashion idea was the reworked bolero jacket with curved shoulders, often spruced up with inflated arms.



Sarah Burton spars McQueen style

Fashion is body amour. At least it is for Sarah Burton, who tapped her fantastical imagination for Alexander McQueen to conjure up fashion week's most original show: mixing insect-like armoury with on-trend stiff bar jackets of the New Look, as well as 19th century crinoline.

If it sounds strange, it was — set to a backdrop of images of bees and honeycomb — with each model wearing a visor reminiscent at once of the 1950s wide hat, a cage and a beekeepers mask.



Valentino between the lines

"Suggestion is seduction," was the theme of Valentino's accomplished spring-summer 2013 show in Paris, which saw the storied Italian fashion house move subtly more sensual. Italian design duo Maria Grazia Chiuri and Pier Paolo Piccioli kept their strict, high collars and didn't bare too much flesh but eased their conservative designs, in razor-thin slits and cutouts.

Twitter

Jeanne Beker soaks up Paris Fashion Week



JEANNE SPACE
Jeanne Beker
life@metronews.ca

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@Jeanne Beker: Les bijoux de Lydia Courteille...a Rue St. Honore. Paris inspires desire!



@Jeanne Beker: Tour de force collection @louisvuitton And not one monogram. Just checks, grids, + flower shapes.



@Jeanne Beker: The lovely Leigh Lezark @themisshapes in Chanel's modern baroque cruise look a la Marie Antoinette.

On the web



Qriket

Christina Applegate's breast cancer charity teams with ASICS for pink athletic gear

3 LIFE

No neckties allowed

Sir Richard Branson is famous for taking scissors to neckties.
So in honour of his laid-back boardroom look, we've recreated his style at three different price points.
P.S. Flowing, golden locks not included.



RICHARD PECKETT
richard.peckett@metro.lu

BILLIONAIRE'S BUDGET

Paul Smith
Unstructured blazer
\$1,390 US, mrporter.com

ZZegna
White shirt
\$255 US, harrods.com

Nudie
Average Joe dry organic straight jeans
\$200 US, shop.nudiejeans.com

Browns
Leather belt, \$142, brownsfashion.com

Church's
Paris derby shoes, \$465, church-footwear.com

FEELING FLUSH

Banana Republic
Tailored black cord blazer
\$198 US, bananarepublic.com

APC
Poplin white shirt
\$225 US, apc.fr

Edwin
ED-55 Red Selvage unwashed
\$195 US, edwin-europe.com

Grenson
G-One Cannon derby shoes
\$458 US, matchesfashion.com

Reiss Vincent
Luxe formal suit belt
\$85 US, reiss.com

THE FRUGAL FASHIONISTA

Uniqlo
Velvet blazer
\$170 US, uniqlo.com

Zara
Men's white poplin shirt
\$50 US, zara.com

H&M
Straight regular jeans
\$20 US, hm.com

Topman
Slim leather belt
\$24 US, topman.com

ASOS
Derby shoes
\$60 US, asos.com

Keasha says yes to Canada

Keasha's Perfect Dress. New show follows the ups and downs of Canadian brides and gives us some tips on avoiding the bride-zilla fate

ELIZABETH
BEDDALL

scene@metronews.ca

After five seasons spent as a beloved bridal consultant on TLC's Say Yes to The Dress, Keasha Rigsby has opted to let the ladies of Canada in on some wedding wisdom. Her new show Keasha's Perfect Dress, which premiered Tuesday on Slice, follows the ups and downs of Canadian brides as they pursue their dream gown with Keasha by their sides. She took a moment to talk to Metro about duct tape, her decision to move and the dos and don'ts of the dress search.

From your time on Say Yes To The Dress, you became 'the consultant that everyone hopes they end up with.' Why do you think you were such a fan

favourite?

They can see the fact that I care... about the bride, not so much about the sale or having the highest commission. I don't like to give up. I fight to the end. If it's 30 dresses later... as long as I can release and say you know what, this is perfect. It's just that I love what I do.

Why set up shop in Canada?

Well a lot of my brides that travelled to see me at Kleinfeld, they flew from Canada to see me. And I would always say, now it's my turn to return the favour. And I'm here for them. And plus Canada's so clean. Have you seen New York? Forget it!

What are a few storylines that really touched you or stuck out to you as you taped this season?

One that touched me in particular, and still touches me today, is a bride that has cancer. So they're trying to push everything forward as quickly as possible so we're just hoping that she's going to be able to walk down the aisle. Then there's another one where her dress is be-



Keasha Rigsby styles the modern bride on her new show. SUPPLIED

ing made out of duct tape. She's done it, she's made dresses out of duct tape. She succeeded. So that is going to be quite interesting.

What are three tips you have for brides who are starting their wedding search?

I want the bride to get her venue first. You can't just come in shopping for a dress and you're between the Cayman Islands or a castle. Get that first. The second thing would be, don't go crazy shopping. If you're trying on 25 or 50 dresses then you're

totally lost. Don't go nuts. Go to two — three the most — bridal salons, and try to work from there. The more dresses you try, the more confused you'll get. Number three, be sure to be yourself. Don't let somebody talk you into something or change you into someone that you're not. Be yourself.

What's one thing that you are passionate about that has nothing to do with wedding dresses?

My boys.

The Kit

Canadian street style

Spotted in: Ottawa

Yessica
Fashion designer,
boutique stylist
Where: Rideau Street
Age: 20

What she's wearing
Vintage jacket, Urban
Outfitters jacket, Jeffrey
Campbell shoes

Her inspiration
"My style is contemporary
with a dash of vintage."

THE KIT PHOTOBLOGGER:
JUSTYNA BARANIECKI, CHAMELEONIC.COM

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Sears

Here's a bright idea: Lights!

Design options.

Update your space with some new lighting



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

I've always said that the simplest way to change the look of a room is with a new paint colour and some new lighting.

A new light fixture not only adds an attractive accessory to a room but can instantly update a bedside, over a dining table or a hallway.

Add a new light fixture to update your space and then install some dimming switches; you'll be amazed at how different your place will look and feel.

Pendants

Caged styles can be used above kitchen islands, dining tables or in the centre of rooms (with high ceilings).

Graphic and modern tear-drop cage styles are all the rage and help add a chic industrial look.

Flush mounts

Sleek and more interesting are those cheap 1970-styled canopied fixtures. Classic X-patterns with gold or brass metal finishes are very popular right now.

Table

Look for traditional shapes with trend-setting colours. The neutral gourd style table lamp has been around for a long time and remains a staple in decorating.

Floor

Either very traditional or very modern; discrete yet trendy metal finishes keep the floor reading lamp in style.

The small banker style lights are great for scattering around reading chairs and the end of sofa areas. Interesting, useful and slightly retro in style; the 1960's floor lamps shine a bright light when used to fill a dark corner or highlight artwork.



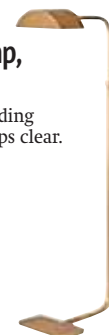
Charles bronze chandelier, \$493

Unfussy lines keep the classic chandelier simple yet stylish. crateandbarrel.com



Mary McDonald Directoire, \$695

Architectural style up high; great in hallways and bedrooms.



Koleman floor lamp, \$345

Discrete and stylish reading light that keeps tabletops clear.



Satori pendant, \$595

Caged style lighting adds an airy and sculptural quality above the table.



Small Triple Gourd, \$300

The classic designer shape in updated grey and bronze finishes.



Bristol floor lamp, \$795

Shed a bit of light on your favourite art; a great way to brighten a dark corner.

All photos from robertabbey.com



Soon it will be too cold for all these fun chores. ISTOCK IMAGES

Outdoor chores are a great way to work off that Thanksgiving pie

DIY ideas. Check out these tips for projects you can do all around your house

The autumn long weekend is here, and it's a great time to get some things done around your house before the weather gets much colder.

Take inspiration from DIY Network's special The Ultimate Crash where hosts Josh Temple, Matt Muenster and Ahmed Hassan join together to give one house three massive makeovers — house, yard and bath.

House: Get the look of autumn

Window boxes are a popular way to bring colour in the summer months, but they can also be updated in the cooler months to reflect the décor of the season.

You can reflect your own style by creating window boxes that are traditional or modern. Try to use vivid colours that reflect the season like oranges, rusts and red which can be

found in gourds, pumpkins, and mums. Leafy textures are also popular and can be incorporated through fountain grass, variegated ivy, ornamental cabbage or black mondo grass.

Take advantage of the many types of pumpkins available now, as well as seasonal branches like bittersweet that can add an extra pop of colour.

Yard: Winterize your lawn

Cooler months are a great time to promote root growth in your lawn, and you will see results in just four easy steps.

First use a spreader to fertilize the lawn, following directions carefully to ensure you use the correct amount.

Secondly you must aerate the lawn to provide air for the roots and make holes for planting seeds by taking out spikes of soil.

The third step is to seed the lawn. Be sure to purchase 'cool season' or 'cool weather' grass seed to use at this time of year. Evenly distribute the seed over your lawn.

Lastly you need to rake and water. Raking will break up soil clumps and cover the seeds to

protect them. Water the lawn with a gentle spray on your garden hose. Continue to keep your lawn moist before the real cold weather begins.

Bath: Tips for a better bathroom

Use free time this weekend to maximize space, light and style in your bathroom for a spa-like experience all winter.

Consider installing indirect lighting behind your bathtub and setting tea lights on the windowsills to set the mood for a relaxing soak that will warm you up this winter.

Depending on the layout of your bathroom, now might be the time to install an additional sink or even an automatic hand-dryer. Both of these can ensure your bathroom is efficient, practical and clutter-free.

Take tips from the outdoors this fall and use reclaimed wood to frame recessed shelves or even as a mirror frame to add new style to your bathroom.

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Kids are often enthralled with the wild kingdom, so it's fun to do their rooms with animal-themed decor. And you can think beyond the standard of kitty-cat wall border or dino bedding; some of today's designs have a sophistication that will please style-minded parents, too.

THE ASSOCIATED PRESS

Dwell Studio

This bastion of chic kids' decor offers deer, triceratops, unicorn and zebra papier-mâché wall art that could easily inhabit any room in the house. Owl and unicorn shower curtains are rendered in Dwell's signature muted-colour palette. Here too are French textile designer Paule Marrot's high style, textural Giclee bird paintings on linen. Dwellstudio.com, papier-mâché, \$76.



5

Ways to turn your kids' room into a wild kingdom

Little Lion Studio

Based in Montreal, Leonardo Cortes creates quiet, whimsical-sleepscape wall decals. A watchful mommy giraffe can be positioned over the crib, with baby giraffe on the other side. Cortes' simple and charming style is reminiscent of that of Babar's creator, Laurent de Brunhoff. Leolittlelion.etsy.com, \$97.



Rug Company

London-based designers Edward Barber and Jay Osgerby choose to depict animals the way they behave in the wild, so their Fish rug features a school of swimmy friends, while a slithering serpent makes his way across the Snake rug. Therugcompany.com, \$5,508 each.



Mimi Lou

In a past life, Miriam Derville was an advertising exec for high-end fragrances. But when she started drawing versions of her children's stuffed animals on their bedroom walls, people took notice, and Mimi Lou was born. She's created a charming collection of wall stickers featuring elephants, mice, penguins, bears and a menagerie of creatures with French flair. MimiLou-shop.fr, \$52 and up.



Restoration Hardware

Vintage illustrations of rhinos, camels and lions will have children dreaming of exploring Africa. Rhbabyandchild.com, artwork, \$439.



Vinegar

Eco-friendly cleaning

Is cleaning my home with vinegar enough to kill germs?

-Natalia of Vancouver



QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

Yes. Acetic acid or white vinegar is a great disinfectant. It also acts as a deodorizer and cuts grease.

And you can tackle household bacteria like salmonella, E. coli and other "gram-negative" bacteria with vinegar.

Gram-negative bacteria can cause infections including pneumonia, bloodstream infections, wound or surgical site infections, and meningitis.

In fact, Heinz has unveiled a stronger version of its white distilled vinegar. Instead of five per cent acetic acid, it has six, which boosts the strength by 20 per cent.

They're calling this new

formula ... wait for it ... "cleaning" vinegar!

How does it work?

According to Canada's National Collaborating Centre for Environmental Health, the acid in vinegar crosses the cell membrane of bacteria and prompts a release of protons, which causes the cell to die.

The new Heinz vinegar will smell stronger, but the odour disappears quickly.

Try finding stronger concentrations of vinegar at eco-friendly stores that carry a variety of green cleaning products and have

refill stations.

For example, in Vancouver, The Soap Dispensary sells 12 per cent vinegar. Use it for tough cleaning jobs at full strength — like that dog drool coating your car windows — or dilute it with water as needed.

Five ways to clean with vinegar:

1. Fill the rinse-agent dispenser of your dishwasher with plain white vinegar.
2. Combat pit stains on white T-shirts: Soak clothing in about 60 millilitres of white vinegar and enough water to cover the stain.

Leave overnight and then wash with eco-friendly laundry soap.

3. Clean rusty tools: Soak in a pail of white vinegar and brush to clean.

4. Deodorize the toilet: Pour 125 millilitres of white vinegar into the bowl. Let sit 15 minutes and then flush.

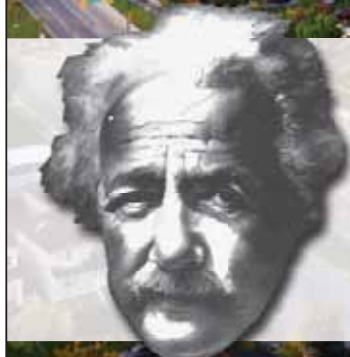
5. Remove hard-water deposits on the tub and glass shower doors: Heat 250 millilitres of white vinegar in a pot. Then, spray warm vinegar onto surface, let sit 15 minutes and wipe clean.



Strong vinegar for a strong clean around your home. ISTOCK IMAGES

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e = experience e = entertainment e = education
e = express e = everything **e = extraordinary**

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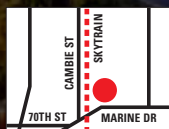
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Single? You just need your space

The Bachelor Canada kicked off last night as 25 bachelorettes vie for the affection of former Canadian Football League player Brad Smith at a mansion in Victoria, B.C. But what about all you bachelors and bachelorettes out there? Well, celebrity interior designer Jillian Harris knows a little bit about what it's like to be The Bachelorette — she was Canada's first ever on the hit show. Harris shares some easy, quick DIY and design tips that can drastically change your space with the flip of a switch.

For him

PHOTOS AND TEXT FROM JILLIAN HARRIS

For her



Her inspiration

"I'm thinking: Dude just scored himself a sweet job — he wants to have a place of his own and do a little growing up without having too mature of a pad. So I layered lots of textures and patterns to keep it fun, integrated, outdoorsy, industrial and rustic elements all the while still screaming 'hey cutie look at me. I have good style.'"



Bachelor pad must-haves

- **Skulls and furs are a style must**
- **Stool.** Country Furniture
- **Kilim Pouf.** Country Furniture
- **Clock.** Restoration Hardware
- **Night stand.** Country Furniture

Her inspiration

"All things feminine. Really thinking about what would inspire this woman to wake up and feel inspired and ready to take on the day. Lots of light, mirrors, crisp airy colors. A little glitz and some whimsy. We used window coverings as wall covering in her master to give an opulent rich effect and bold stripes to give it that edge. We also used clothes and shoes as art which is not only a money saver but a conversation starter!"

Bachelorette pad must-haves

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- **Duvet.** Urban Outfitters
- **Chandelier.** West Elm
- **Driftwood Coffee Table.** Country Furniture

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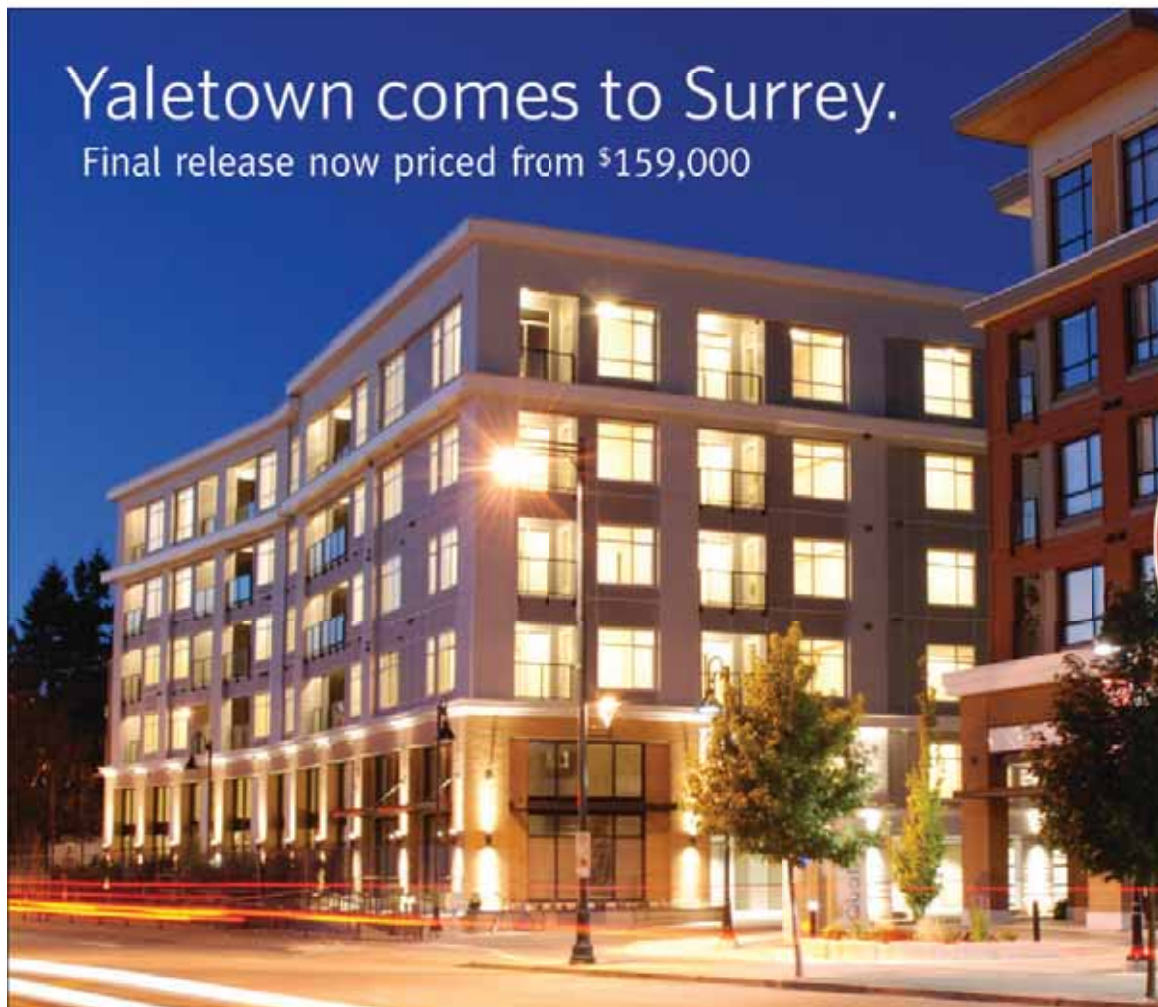


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What to expect when you're expecting... houseguests

Tips. A little gesture can go a long way when preparing a guestroom

The key to making a lasting impression on your guests is to provide all the comforts you would expect to find at home, but with a personal touch.

As the proverb goes, "a home without guests is a home without soul", so as the host, return the favour by filling your guest room with some of that soul.

Sally Morse, director of creative services for window fashions company Hunter Douglas, offers the following tips on guest room décor:

Luggage racks

How many times have you entered a guest room and there was no place to put down any luggage? Arranging a place for your guests' belongings in a small bedroom can be a challenge, but consider a folding luggage rack that can easily be put away and won't take up too much space.

Closet

A closet is useless without

any hangers, so don't forget to supply at least eight to 10 hangers for your guests.

It's also a good idea to put simple hooks on the wall or behind a closet door for coats, scarves or bags.

Flowers

A great way to add a personal touch to your guest room is by putting flowers on a bedside table or bureau.

The flowers don't have to be fresh necessarily; dried hydrangeas, for instance, live longer and provide an elegant, vintage look to a room. During the holiday season, try filling a vase with dry arrangements or a large bowl with pine cones for a festive and eye-catching addition.

Provide privacy

Part of making your guests feel at home is providing adequate privacy. Choose window coverings that not only add character to the room, but provide privacy and light control as well.

Products such as Silhouette window shadings from Hunter Douglas do just that: the shadings diffuse light through two fabric layers for a radiant and calming effect with the added benefit of providing privacy.

Converting Your Office Space

Many people don't have the extra room in their homes to set up a special guest room, so they combine spaces into multifunctional areas.

The work space/guest room is a great option for creating a cozy and versatile space.

Once you've determined how your multiuse space should be divided, consider investing in a pullout couch, especially if you have frequent visitors.

Mirrors

Be sure that there is at least one mirror in the room, whether it's in the bedroom itself or the bathroom.

A floor-length mirror is an added luxury that your guests will definitely appreciate.

Small touches

A little gesture can go a long way.

Consider leaving a welcome note or a pouch of lavender on the pillow to make your guests feel special.

Also give your guest room an intimate feel by including a family photo or two or some of your favourite books.

With these simple tips you'll have a hard time getting your guests to leave.

NEWS CANADA



Making your guests feel right at home is one of the challenges of creating a guestroom. NEWS CANADA

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Build your decision on these tips

ASTRID
VAN DEN BROEK
For Metro

Townhome or detached? City or suburb? There are plenty of factors that go into deciding on a first home purchase. Here's what you need to know.

IT'S ALL ABOUT THE MONEY

This is really where your home search begins — how much can you afford?

And a realtor can help you determine this, notes Ron Abraham, president of the Toronto-based Ontario Real Estate Association.

"You need to know what you can afford and how not to get in so deep that you end up in financial difficulty," he said.

"So take the advice of a realtor — how much do you make? How many bills do you have? You need to know how much you can realistically afford to buy that dream."

SET REALISTIC EXPECTATIONS

"One of the problems with buyers today is they're used to living at home in their



There are plenty of factors to think about — lifestyle, budget, mortgage, etc. — that go into deciding on a first home purchase. ISTOCKPHOTO/THINKSTOCK

parents' nice four-bedroom, three-bathroom, three-car garage home," Abraham said.

"And then they want to start where their parents are today after 30 to 40 years of hard

work. They have to get their expectations aligned with what they can afford."

Not sure where to start re-searching? Realtor.ca lists multiple

real estate agent affiliated listings coast to coast and allows you to search via price, home features and more.

KNOW YOUR LIFESTYLE

Sit down and think through your way of life, which in turn will help determine where and what type of home you buy.

"You need to consider factors such as: Are you outdoorsy types? Do you prefer a vibrant downtown community? Do you plan to have children? Also, along with knowing what they like, they need to anticipate what their needs will be," Abraham said. He also suggests considering all factors involved, including home maintenance — do you like doing repairs and maintaining a lawn and garden? "If not, maybe a condo is for you because condos offer different features. There are advantages and disadvantages for both," he said.

In the end, Abraham advises buyers to take a hard, realistic look at what you want in a home versus what you need in a home. "Because for homebuyers, quite often those are two different things."

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Who better to celebrate soup season with than The Soup Sisters?

Tuscan Bean Soup



This recipe serves six. JULIE VAN ROSENDAAL

Caren McSherry is one of the Soup Sisters in the Soup Sisters Cookbook. As owner of the Gourmet Warehouse, a store that offers high quality gourmet foods and supplies in Vancouver, and a cookbook author, she knows all about making delicacies.

In the book, McSherry shares her recipe for her Tuscan Bean soup.

1. Purée half the beans until smooth, adding a little water if necessary. Place the puréed beans in a bowl with the remaining whole beans and set aside.

2. In a large pot over medium heat, sauté the onion, carrot, celery and leek in the oil, until the onion is softened.

3. Stir in all the beans and the tomatoes, garlic and thyme.

4. Add the stock. Bring to a boil over high heat, then reduce the heat to medium-low.

5. Simmer, uncovered, until the vegetables are tender,

Ingredients

- 2 cups (500 ml) cooked white navy beans (drained and rinsed if canned)
- 1 onion, diced
- 1 carrot, peeled and diced
- 2 stalks celery, diced
- 1 leek, white and pale green parts only, washed and sliced
- 1/3 cup (80 ml) olive oil
- 6 large Roma tomatoes, diced
- 3 cloves garlic, minced or finely

chopped

- 2 sprigs fresh thyme, leaves only
- 8 cups (2 l) chicken or vegetable stock
- Salt and pepper to taste
- Sun-dried tomato crostini (see below)
- Freshly grated Parmesan cheese for garnish

about 30 minutes. While the pot simmers, prepare the crostini (see below).

6. Season the soup with salt and pepper to taste.

7. Ladle up in a wide shallow bowl, and garnish with grated Parmesan and playful floating crostini.

Sun-Dried Tomato Crostini

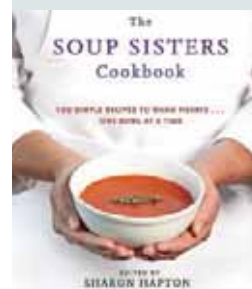
1. Thinly slice half a baguette and bake the slices in a single layer on a baking sheet in a 350 F (180 C) oven until dry and crispy, about 30 minutes.

2. In a small bowl combine 1/2 cup (125 ml) finely diced sun-dried tomatoes and half a bunch of parsley, finely minced. Spoon the mixture sparingly onto the baguette slices.

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Cookbook of the Week

Heart-warming soup



The Soup Sisters Cookbook is more than a cook featuring delicious recipes from chefs such as Anna Olson and Michael Bonacini.

It is also a part of non-profit organization Soup Sisters. The brainchild of Calgary's Sharon Hapton, Soup Sisters provides comfort to women, youth and children through the making, sharing and donating of soup.

The cookbook is a celebration of the best recipes from the project, which sees participants pay a \$50 registration fee to participate in a soup-making event at a local professional kitchen under the guidance of a chef facilitator. The soup is then delivered to a local shelter. METRO

European-style comfort food

"My husband's grandmother Eva immigrated to Canada from Eastern Europe," writes Karen Anderson, owner and tour guide of Calgary Food Tours Inc., in The Soup Sisters Cookbook.

"She was never sure if she was Polish or Ukrainian — their town was on the border, and the lines between countries changed so many times

they lost track — but she made perogies and cabbage rolls with the deftest of Ukrainian precision!

"I inherited this borscht recipe from Eva — it's what my in-laws call great peasant food. The pork ribs give it substance and the deep maroon color makes finding the green beans a nice surprise. Add sour cream and a sprinkle of fresh dill, and it will satisfy your family on a crisp fall day."

1. Put ribs in pot and add enough water to cover. Bring

to boil over high heat; skim off gray scum that floats up.

2. Reduce the heat to low. Simmer, uncovered, until the ribs are tender, about 1 hour.

3. While ribs cook, put beets in a saucepan and add enough water to cover them. Bring to a boil over high heat. Reduce heat to medium and simmer until tender, about 45 minutes.

4. Drain beets. Set aside until they are cool enough to handle. Peel

and chop beets, set aside.

5. Remove ribs from pot, reserving cooking water in pot. Using fork or knife, pull meat from bones and chop into bite-size chunks. Return pork to pot.

6. Add the carrots, onion, green beans, cabbage, tomato juice and vinegar. Bring to a boil over high heat, then re-

Ingredients

- 1 lb (500 g) pork side ribs
- 2 to 3 beets, trimmed
- 2 cups (500 ml) peeled and diced carrots
- 1 onion, diced
- 1 cup (250 ml) each chopped green beans and cabbage
- 1 cup (250 ml) tomato juice
- 2 tsp (10 ml) apple cider vinegar
- Salt and pepper to taste
- 1 cup (250 ml) sour cream
- 2 tbsp (30 ml) finely chopped parsley or fresh dill

duce the heat to medium-low.

7. Simmer, uncovered, until all the vegetables are tender, 30 minutes. Add the boiled beets and salt and pepper to taste.

8. Ladle the soup into bowls, and swirl in a spoonful of sour cream.

Say Boo!

to boring costumes



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A NEW AGE OF WHISKY

JOHN K. HALL BRINGING BACK CREATIVITY, PASSION

Canadian whisky is big news. Connoisseurs right around the world are singing its praises again, and Canada's whisky makers are doing something really smart to keep it that way. They are creating a whole new range of ultra-flavourful drams.

Leading the way is wine maker turned whisky maker, John K. Hall with his Forty Creek whiskies – whiskies that have won the world's most coveted awards. When Hall was asked what makes Forty Creek whiskies stand out from the crowd, he said: "Canadian whisky is a Canadian icon, just like maple syrup and hockey. I really want to bring back creativity and passion to our country's spirit. Whisky can be just as complex, perhaps more complex than wine. Bringing out the subtle aromas and taste characteristics is what makes whisky great."

As a first generation whisky maker,



John K. Hall

CONTRIBUTED

Hall says that while he respects tradition, he is not bound by it. For example, unlike some distillers, he distills and ages each grain separately. "This approach allows me to highlight the flavour of each grain — nuttiness from the barley, fruitiness and spiciness from the rye and weight and body from the corn."

Hall's creativity doesn't stop there. He loves to experiment with different barrels for aging — sherry casks for Barrel Select, once-used bourbon barrels for Double Barrel Reserve, and even Canadian oak barrels for his Confederation

Oak. "I have worked with many types of oak barrels and every wood creates a distinctive taste expression."

Innovative and distinct whiskies such as these, along with Hall's new Copper Pot Reserve, fill a growing demand for decidedly flavourful whiskies. So put yesteryear behind you and join a new generation of whisky connoisseurs from around the world.

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— Davin de Kergommeaux

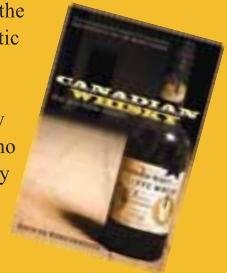


Davin de Kergommeaux

CONTRIBUTED

CONNOISSEUR'S APPRECIATION

Canadian Whisky: The Portable Expert takes readers on a journey through the first systematic presentation of Canadian whisky: How it's made, who makes it, why it tastes the way it does, its history, and the rich, centuries-old folklore surrounding it. For the first time, whisky consumers can approach Canadian whisky with a connoisseur's appreciation.



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Gold Medal

International Whisky Competition, 2010

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Whisky Magazine, Icons of Whisky Canada, 2008

Pioneer of the Year Award

Malt Advocate Magazine, 2007

Double Gold Medal

San Francisco World Spirits Competition

Gold Medal

World Selection, Brussels, Belgium



FortyCreekWhisky.com

Lions giving QB castaway Therriault a second chance

The White Tiger.

Even after paying his debt to society for manslaughter, major colleges and NFL shunned quarterback

Casey Therriault is a quarterback with a troubled past, but the B.C. Lions are determined to give the ex-convict a chance.

And he is determined to make the best of it.

Therriault, 23, who served six months in county jail for manslaughter for an incident outside a Michigan nightclub when he was 18, joined B.C.'s practice roster Wednesday. After searching unsuccessfully for opportunities in the NFL, he hopes to build a bright future in the CFL.

Therriault paid his debt to society after he came home to Grand Rapids, Mich., for Christmas from College of the Sequoias, a California junior college. He became involved with friends in the fateful inci-

New to the pride

"This is the one organization that gave me an opportunity to play again and trusted in me and my character."

Lions quarterback Casey Therriault

dent. Although reports indicate he only threw one punch in retaliation, others later joined in and the victim, Jonathan Krystiniak, died of his injuries.

Therriault pleaded guilty and served half a year in Kent County Correctional Facility.

After serving his time, he completed a work-release program in a restaurant, making pizza and washing dishes, and then enrolled at Grand Rapids Community College. He threw for 2,169 yards and 24 touchdowns while leading his team to a 9-2 record and a berth in a junior college national final.

But no major colleges showed interest and he moved to Jackson State, a predominantly black college in Jackson,

Miss., the alma mater of late Chicago Bears star Walter Payton.

Known as the White Tiger because of his skin colour, Therriault threw for 7,227 yards and 58 touchdowns in two seasons at Jackson State and earned Southwestern Athletic Conference Newcomer of the Year and first-team all-SWAC quarterback honours.

The signal-caller signed for a year and an option with the Lions and gives B.C. five quarterbacks.

THE CANADIAN PRESS



Whitecaps thrash Chivas to bolster playoff hopes

Brazilian forward Camilo scores in the second half on Wednesday during Major League Soccer action at BC Place. He also had a hand in three other Vancouver goals as the Whitecaps defeated Chivas USA 4-0. The Whitecaps snapped a seven-game winless streak to stretch their lead over FC Dallas for the final playoff spot in the Western Conference to five points, though Dallas has a game in hand. DARRYL DYCK/THE CANADIAN PRESS

Mobile sports



Qriket

With the Jets 2-2, scores of disappointed New Yorkers wonder why "Tebow Time" shouldn't start on Monday against the undefeated Houston Texans. He may be wondering the same thing.

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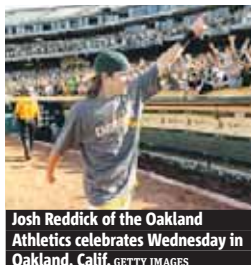
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MLB. Athletics stun Rangers to claim West

The Oakland Athletics captured the AL West with another improbable rally in a season full of them, coming back from four runs down and a 13-game division deficit to stun the two-time defending league champion Texas Rangers 12-5 on Wednesday.

The Washington Nationals got sized for hats with post-season patches, then beat Philadelphia 5-1 to earn home-field advantage all the way through November, if necessary.

The playoffs begin Friday when the defending World Series champion St. Louis Cardinals visit Chipper Jones and the Atlanta Braves in the



Josh Reddick of the Oakland Athletics celebrates Wednesday in Oakland, Calif. GETTY IMAGES

winner-take-all NL wild-card matchup. On Saturday night, Cincinnati will be in San Francisco in Game 1 of the division series.

THE ASSOCIATED PRESS

Pinstripes primed

Yankees edge O's for AL East crown

Robinson Cano and Curtis Granderson each hit a pair of homers, powering the New York Yankees past the Boston Red Sox 14-2 on Wednesday for their 13th AL East title in 17 years.

The Yankees completed a three-game sweep of the last-place Red Sox to win their second consecutive division crown.

Evan Longoria hit three home runs for Tampa Bay in their 4-1 win over Baltimore, locking up the championship for New York.

THE ASSOCIATED PRESS

MLB. Cabrera first Triple Crown winner since 1967

Miguel Cabrera became the 15th player to win baseball's Triple Crown on Wednesday night, the reluctant superstar thrust into the spotlight after joining an elite list that includes Mickey Mantle, Ted Williams and Lou Gehrig.

The Detroit Tigers slugger topped the American League with a .330 batting average, 44 home runs and 139 RBIs, becoming the first Triple Crown winner in the majors since Boston's Carl Yastrzemski in 1967.

Cabrera high-fived his teammates as he entered the Detroit dugout, then walked back to the top step and

Rare feat

- There have only been 14 players to achieve baseball's version of the Triple Crown.

waved his helmet. When the feat became official, it was displayed on the centre-field scoreboard to a standing ovation.

"It's an unbelievable feeling," Cabrera said. "It was hard the last two days because everybody talked about it."

THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

Try not to make up your mind too quickly about someone today. It does not matter if your initial impressions are good or bad. Either way, they are going to be an important and positive force in your life.

Taurus

April 21 - May 21

Keep emotions out of what you have to do today. If you allow your feelings to get in the way of common sense, you could make a serious mistake — the kind that costs you money you cannot afford to lose.

Gemini

May 22 - June 21

The message of the stars for you today is quite straightforward: Don't take your luck for granted. Both in your personal life and in your career you will need to work hard to get ahead — and harder still to stay there.

Cancer

June 22 - July 23

You are reading too much into a situation that most times you would simply ignore. You may find it hard to convince yourself that you are overreacting but you really do need to keep things in perspective.

Leo

July 24 - Aug. 23

Today's cosmic alignment warns if you let slip personal information of any kind, it could backfire on you later in the month. Keep what you know to yourself, especially when it is potentially embarrassing.

Virgo

Aug. 24 - Sept. 23

Don't worry if your confidence is at a low ebb because that will change very soon. What also needs to change is the way you approach your work. Are you taking too much for granted? Give it some thought.

Libra

Sept. 24 - Oct. 23

You may be tempted to make a decision concerning your future today but with Jupiter now entering one of its retrograde phases, it might be best to put it off to a later date.

Scorpio

Oct. 24 - Nov. 22

Money and investment issues may be causing you a bit of concern but there is probably not much you can do about them at the moment. Trust that everything will turn out right in the end. It usually does.

Sagittarius

Nov. 23 - Dec. 21

Partnerships and relationships have been under good stars of late and that trend is set to continue but that does not mean you no longer have to work at them. What can you do today to improve your affairs?

Capricorn

Dec. 22 - Jan. 20

Attitude is everything. If you think you can succeed, you most likely will. If you think you may fail, you will subconsciously make it happen. Keep believing and keep trying — and you'll keep winning.

Aquarius

Jan. 21 - Feb. 19

Your confidence may be high, and with good reason, but don't let it carry you away to some fabulous la-la land where everything happened as if by magic. Be positive but keep your feet on the ground, too.

Pisces

Feb. 20 - March 20

Try not to dwell on thoughts that upset you. Focus on areas you can feel happy about and pretend the bad stuff does not exist. You are very sensitive to your environment, which is why you may need to move.

SALLY BROMPTON

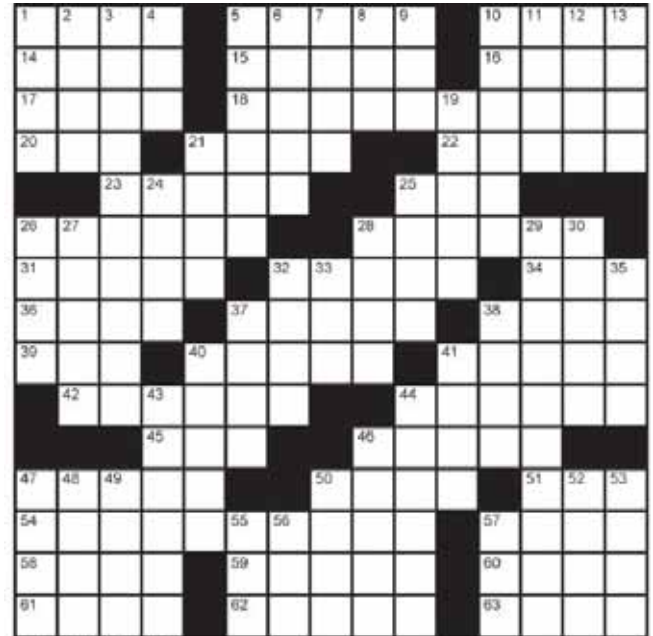
Stuff and No Nonsense

Across

1. Jewelry repository
5. Dreams: Fr.
10. Air Force installation
14. Go ____ great length: ramble (2 wds.)
15. It's west of BC
16. Specialty (in education, say)
17. "All You Need Is ____": 1967 Beatles chart-topper
18. They form the Alberta-BC border (2 wds.)
20. Yoko ____ Lennon
21. Destitute
22. Rental contract
23. People with computers
25. Part of kph or mph
26. Diamond weights
28. Gracious and elegant
31. One at ____: singly (2 wds.)
32. Blacksmith, while tending to horse hooves
34. How-____: instruction manuals
36. Inevitable outcome
37. Eucalyptus lover
38. High: Fr.
39. Before: poetic
40. World's biggest airline, by passengers
41. Popular Toyota model
42. Vancouver ____: Victoria's location
44. Hairpiece
45. PC key usually next to the spacebar
46. Symbolic Canadian leaf
47. "____ Little Prayer": Dionne Warwick hit (3 wds.)
50. Like an owl, proverbially
51. BC Hydro structure
54. Canada's government
57. Mexican coin
58. Norway's capital
59. Cycling legend Armstrong
60. Bend in a sink's pipe
61. Broadway attraction
62. Puts money into a poker pot before cards are dealt
63. African cobras

Down

1. On one's own
2. Before much longer, poetically
3. Teachers' pets
4. Québec summer
5. Copter blades
6. Reverberations
7. Abruptly change course
8. Corn unit
9. ____-Cat: winter vehicle
10. ____ dozen: 13
11. Operatic solo
12. Observes
13. Comfortable state
19. Cloudless
21. Baseball's Rose or Townshend of The Who
24. Identical
25. "Not guilty," for one
26. Bistro
27. "Centipede" and "Asteroids" video game company
28. Pepsi or Coke
29. Calgary CFL team
30. "Tag, ____ it!"
32. Vended
33. Chapeau
35. Eye problem
37. Clark ____: Superman's alter ego
38. Drag along
40. Buddhism's ____ Lama
41. Contend with difficulties
43. Played it cool or stayed out of sight (2 wds.)
44. Samples a bit of (food)
46. Chop well, as garlic
47. Wall St. offerings
48. Part of Miss Canada's attire
49. "Alice's Restaurant" chronicler Guthrie
50. Got going
52. Stat!
53. Spill cleaners
55. ____ mode: with ice cream (2 wds.)
56. Chess or checkers piece
57. School fund-raising grp



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Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Today

17°/8°

Sunny

Friday

16°/9°

Sunny

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THIS THANKSGIVING WEEKEND YOU HOLD THE CROWN



CROWN ROYAL AND COLA

1.5 oz Crown Royal Deluxe
5 oz Cola
Lime wedge

Combine ingredients in an ice filled glass.
Garnish with lime wedge.

CROWN ROYAL BLACK AND GINGER

1.5 oz Crown Royal Black
5 oz Ginger ale
Orange wedge

Combine ingredients in an ice filled glass.
Garnish with orange wedge.

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